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Tuesday



The infamous Super Bowl "wardrobe malfunction."

Fine Tossed: FCC rebuked over 'wardrobe malfunction' | **3**

Dash of Color: Metro rolls out its colorful new buses | **9**



End in Sight: DE Taylor reports to Redskins camp after trade | **13**

ENTERTAINMENT

It's a Deal: *Howie Mandel* is back but in a half-hour format. Also, do you believe in the 'X-Files' sequel?

>> **17-21**



In Iraq, Obama Finds Support for Withdrawal



FLIGHT SCHOOL: U.S. Army Gen. David Petraeus, right, and presumptive Democratic presidential nominee Barack Obama tour Baghdad by air on Monday. Obama gained fresh support from Iraqi leaders for the idea of pulling all U.S. combat forces out of Iraq by 2010. ❖ **'Wrong':** McCain rejects Obama's plan | **Page 3**

Salmonella Found on Jalapeno

Genetic link is biggest clue yet in search for outbreak source

WASHINGTON | Government inspectors finally have a big clue in the nationwide salmonella outbreak: They found the same bacteria strain on a single Mexican-grown jalapeno pepper handled in Texas — and issued a stronger warning for consumers to avoid fresh jalapenos.

But Monday's discovery, the equivalent of a fingerprint, doesn't solve the mystery: Authorities still don't know where the pep-

per became tainted — on the farm, or in the McAllen, Texas, plant, or at some stop in between, such as a packing house.

Nor are they saying the tainted pepper exonerates tomatoes sold earlier in the spring that consumers until last week had been told were the prime suspect. Still, "this genetic match is a very important break in the case," said Dr. David Acheson, the Food and Drug Administration's food safety chief.

For now, the government is strengthening its earlier precaution against hot peppers to a full-blown warning that no one should eat fresh jalapenos — or products such as fresh salsa made from them — until it can better pinpoint where tainted ones may have been sold.

Tomatoes currently on the market, in contrast, now are considered safe to eat.

The Texas plant, Agricola Zaragoza, has suspended sales of jalapenos and recalled those shipped since June 30 — shipments it said were made to Georgia and Texas. (AP)



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TUESDAY
94 74



WEDNESDAY
85 72



THURSDAY
84 70

TODAY: Another hot and humid day with afternoon storms likely | **34**

eyeOpeners

CLIQUEs

White-Bearded Men Gather

It's beginning to look a lot like Christmas in a Danish amusement park where Santa Clauses from around the world are gathering for their annual three-day congress. Now in its 51st year, the World Santa Claus Congress brings together 136 red-clad delegates, mostly from Scandinavia but also from as far away as Japan. The activities on the program include a bicycle parade, Hula-hoop dancing and a dip in the Copenhagen harbor. Delegates go by different names, such as St. Nick, Papa Noel or Sinterklaas, but the Bakken amusement park claims they are all real Santas. (AP)

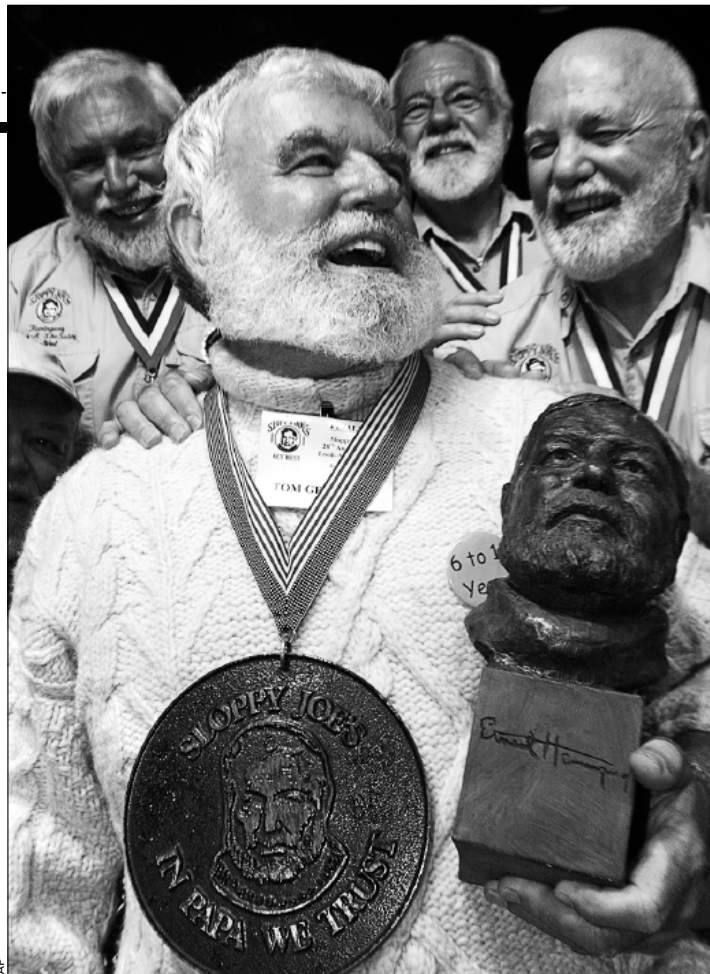


SPORTS

Impromptu Triathlon Lacks Bicycle Portion

A western New York man who police say tore off his off clothes and fled after being pulled over in a routine

traffic stop is now wearing a jail uniform. The Erie County Sheriff's Office says Mark Pannell was stopped Saturday on Grand Island. When the deputy returned to his car with Pannell's license, Pannell for no apparent reason stripped down to his underwear and ran into the woods. He eluded police all day and then was spotted in the nearby town of Tonawanda, this time wearing clothes. Police say he then jumped into the Niagara River but quickly grew tired of swimming and surrendered. (AP)



CLIQUEs

White-Bearded Men Gather

A white-bearded Florida man won an Ernest Hemingway look-alike contest in Key West, Fla., a highlight of a festival that ended Sunday honoring the late Nobel Prize-winning author. Tom Grizzard, 69, of Leesburg, Fla., bested 141 other contenders in the competition at Sloppy Joe's Bar, Hemingway's favorite watering hole when he lived in Key West in the 1930s. "I relate to his love of the sea and love of people," said Grizzard. (AP)

GUNS

Kids Observe Odd Animal Behavior

Idaho members of a group that supports the right to openly carry hand-

guns are turning heads by touring Zoo Boise while packing guns on their hips. Ten members of OpenCarry.org were allowed into the zoo Saturday after some initial confusion about whether it was legal to bring an unconcealed

handgun inside. Carol Schultz says: "Coming to the zoo was something we could do together, like any family would." She says she's never without her gun, which she keeps in a holster attached to a heart-studded belt. (AP)

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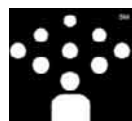
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PRIVATE PAIN: Two practical jokers are behind bars in San Luis Obispo, Calif., for setting their passed-out drinking buddy's crotch ablaze. Prosecutors say the two men poured cologne on the man's groin and set him on fire, causing second-degree burns.

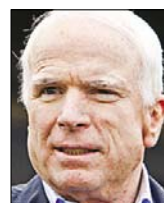
Nation

McCain Touts War Credentials

Senator says Obama has been 'completely wrong' on conflicts

KENNEBUNKPORT, MAINE | Republican Sen. John McCain insisted on Monday that he has been consistently right on both Iraq and Afghanistan while Democratic rival Sen. Barack Obama "has been completely wrong."

As Obama toured the war zones, McCain ridiculed him from afar during a visit with the first President Bush at his summer home on the Atlantic.



McCain

McCain told reporters he didn't care whether Obama's trip was stealing attention and "doesn't in the slightest undercut" his own message. "It is what it is," he told reporters.

Any withdrawal of troops from Iraq "must be based on conditions on the ground," McCain said.

He disparaged Obama as "someone who has no military experience whatsoever."

"When you win wars, troops come home," McCain said. "He's been completely wrong on the issue. ... I have been steadfast in my position." (AP)

Fine for Infamous Flash Overturned

Court throws out FCC penalty for 'wardrobe malfunction' on CBS

PHILADELPHIA | The Federal Communications Commission will have to think twice before penalizing a television station for flashing its audience.

In a victory for CBS, a federal appeals court Monday threw out a \$550,000 indecency fine for Janet Jackson's breast-baring "wardrobe malfunction" in the 2004 Super

Bowl halftime show.

"This is a slap in face for the FCC," said Stuart M. Benjamin, a Duke University law professor and expert in telecommunications law. "Every broadcaster is rejoicing right now."

A panel of the 3rd U.S. Circuit Court of Appeals ruled that the FCC "acted arbitrarily and capriciously" in issuing the fine for the fleeting image of nudity, which it noted lasted just over half a second.

The appeals court in Philadelphia found that in penalizing



Janet Jackson covers herself after her outfit came undone at the Super Bowl.

CBS, the FCC deviated from its nearly 30-year practice of fining indecent broadcast programming only when it was so "pervasive as to amount to 'shock treatment' for the audience."

FCC Chairman Kevin J. Martin said he was "surprised by today's decision and disappointed for families and parents."

The FCC had argued that Jackson's nudity, albeit fleeting, was graphic and explicit and CBS should have been warned.

JOANN LOVIGLIO (AP)

RICHMOND, IND. | 100 YEARS OF MODEL T



GOING STRONG: Geff Bland arrives Monday at the Model T Ford Centennial T Party at the Wayne County Fairgrounds. Ford Motor Co. is marking the 100th anniversary of the Model T, the first low-priced car that introduced motoring to the masses, with a weeklong celebration. Hundreds of Model T's from across the country are on display at the event.

Olympic Runner Jones Asks for Commutation

WASHINGTON | Disgraced Olympic champion Marion Jones has asked President Bush to commute



Jones

her six-month prison sentence for lying to government agents about her use of performance-enhancing drugs and a check-fraud scam.

The Justice Department confirmed Jones is among hundreds of applications for presidential pardons or commutations. The applications are reviewed by the Justice Department, which makes a recommendation to the president. (AP)

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Nation



The roof of a house collapses as it burns to the ground Monday in Maplewood, Mo. Police surrounded the house after a gunman fired shots at emergency workers.

Firefighter Dies In Ambush in Mo.

**2 police officers shot;
house at attack scene
burns to the ground**

MAPLEWOOD, MO. | Firefighters became victims of what appeared to be an ambush Monday when they were fired upon from a house as they worked to put out a vehicle fire across the street, police said.

One young firefighter was killed, two police officers were wounded, and the house where the shots were fired later burned to the ground.

It was unclear Monday afternoon whether the shooter died in the house fire; authorities were searching the remains of the bungalow, St. Louis County police spokeswoman Tracy Panus said.

Little was known about the man

who lived in the house in Maplewood, a suburb southwest of St. Louis. Neighbors described him as quiet and reclusive.

Someone began firing shots from the house when firefighters arrived in response to a 5:40 a.m. report of a pickup truck fire. Police evacuated some nearby homes — using armored vehicles in some cases — as dozens of officers surrounded the house.

The house caught fire later in the morning. Police rifles stayed pointed at the house as smoke poured from it, but authorities saw no one leave the building before it burned to the ground.

By afternoon, the house had collapsed, Panus said, and police were using heavy equipment to scour the debris. CHERYL WITTENAUER (AP)

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REVENGE IS JAIL: Police in Plainville, Conn., have arrested a woman they say tried to retaliate against her former boss by having the electricity cut from his home. The woman allegedly made the request to the power company after being fired in June.

Nation

White House Unhappy With Maliki

Press secretary says Iraq talks should not play out in the press

WASHINGTON | The White House expressed unhappiness Monday about Iraqi leaders' public backing for Sen. Barack Obama's troop withdrawal timetable. And it said that Baghdad may be trying to use the U.S. presidential election as leverage in talks about the future of the United States' military presence and obligations in the war.

Washington and Baghdad probably will miss a July 31 target for reaching an agreement, said White House press secretary Dana Perino, characterizing the negotiations as "hard-driving."

"We don't think that talking about specific negotiating tactics



White House press secretary Dana Perino said Iraqi leaders may be trying to use the upcoming presidential election as leverage in negotiations over U.S. troops.

“The key issue is that they understand that [withdrawing troops from Iraq] will not be arbitrary.”

DANA PERINO, PRESS SECRETARY

or your negotiating position in the press is the best way to negotiate a deal,” Perino said after Prime Minister Nouri al-Maliki was quoted in a magazine article supporting the 16-month troop withdrawal timeline proposed by Obama. “However, we understand that they’re a sovereign country and they’ll be able to do that,” Perino said. “We’re just not going to do it on our end.”

Al-Maliki's spokesman, Ali al-Dabbagh, initially appeared to try to discredit the magazine report, but on Monday he expressed hopes that U.S. combat forces could be out of Iraq by 2010. Buoyed by a sharp reduction in violence, Iraqi leaders have become more assertive about the country's sovereignty, giving rise to demands for a specific plan for American forces to leave.

“The key issue,” Perino said, “is that they understand it will not be arbitrary; it will not be a date that you just plucked out of thin air; it will not be something that Americans say, ‘We’re going to do — we’re going to leave at this date,’ which is what some have suggested,” she said.

The White House acknowledged the Iraqis might be trying to use the election for leverage.

“I think that a lot of other people look through the lens of a 2008 presidential election,” Perino said. “Might they be? Sure. I mean, it’s possible. TERENCE HUNT (AP)

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World



E-BIBLE: The oldest surviving copy of the New Testament, a fourth-century version that had its Gospels and epistles spread across the world, is being made whole again. The British Library says the full text of the Codex Sinaiticus will be available online by next July.

In Brief

KATMANDU, NEPAL

Assembly Elects Physician As Nepal's First President

Nepal's governing assembly elected the country's first president Monday, rejecting a candidate backed by former Maoist rebels and creating political uncertainty for the new republic. The Constituent Assembly elected Ram Baran Yadav, a physician from the Madheshi ethnic community in southern Nepal, which has been campaigning for greater rights and more say in the administration, assembly Chairman Kul Bahadur Gurung announced. (AP)

BEIJING

Blasts on Public Buses Kill 2 People in Southwest China

Explosions on two public buses in southwest China early Monday killed two people and wounded 14, heightening fears of terrorism just weeks before the opening of the Olympic Games. The separate blasts went off in downtown Kunming city in southwest Yunnan province, the Yunnan Public Security Bureau said in a notice on its Web site. They were deliberately set, it said. (AP)

LISBON, PORTUGAL

Investigation Into British Girl's Disappearance Closed

Portugal's attorney general ordered police Monday to halt their investigation into the disappearance of British girl Madeleine McCann because detectives uncovered no evidence of a crime during their 14-month probe. The case will remain closed unless new evidence emerges, Attorney-General Fernando Pinto Monteiro's office said in a statement. (AP)



Top U.S. military commander in Iraq, David Petraeus, left, and Barack Obama walk to a helicopter in Baghdad, Iraq, Monday.

Obama Gains Iraq Support

Iraqi leaders appear open to candidate's U.S. troop withdrawal plan

BAGHDAD | Face to face with Iraq's leaders, Barack Obama gained fresh support Monday for the idea of pulling all U.S. combat forces out of the war zone by 2010.

But the Iraqis stopped short of actual timetables or endorsement of Obama's pledge to withdraw American troops within 16 months if he wins the presidency.

The Democratic presidential contender also got a military briefing — and a helicopter tour

— from the top U.S. commander in the region, Gen. David Petraeus, and he met with a few of the nearly 150,000 U.S. troops now well into the war's sixth year.

As Obama visited Iraq for the first time in more than two years, comments Monday by Iraq's government spokesman roughly mirrored the Illinois senator's withdrawal schedule and offered a glimpse of Iraq's growing confidence as violence drops.

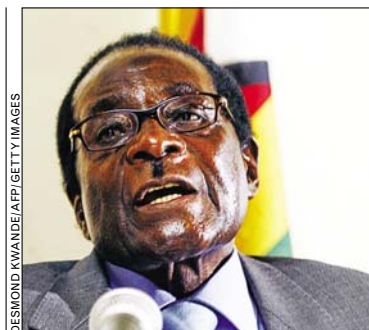
"We are hoping that in 2010 that combat troops will withdraw from Iraq," spokesman Ali al-Dabbagh said after Obama met with Prime Minister Nouri al-Maliki — who has

struggled for days to clarify Iraq's position on a possible timetable for a U.S. troop pullout.

Iraq's Sunni vice president, Tariq al-Hashemi, said after meeting Obama that Iraqi leaders share "a common interest ... to schedule the withdrawal of American troops."

Obama said almost nothing to reporters between his meetings. "Excellent conversation," he said as he left talks with al-Hashemi. "Very constructive," he said after leaving a meeting with al-Maliki.

Obama's stop in Iraq wraps up Tuesday, when he heads to Jordan and Israel. BRIAN MURPHY AND QASSIM ABDUL-ZAHRA (AP)



Zimbabwean President Robert Mugabe speaks in Harare, Zimbabwe, Monday.

Zimbabwe Rivals to Hold Talks

President, opposition leader agree to discuss how to work together

HARARE, ZIMBABWE | Three months after the voting and violence began, Zimbabwe's embattled President Robert Mugabe and his rival agreed Monday to hold talks immediately about sharing power to end the country's political crisis.

But the rivals' first joint appearance in a decade did not bring relief to Zimbabweans grappling with the world's worst inflation. They lined up outside banks for Monday's release of a new Zimbabwe \$100 billion note issued by the central bank — an instant hit on eBay.

Mugabe and opposition leader Morgan Tsvangirai signed the deal, agreeing in cautious language that they have an obligation to establish a framework of "working together in an inclusive government."

It commits them to creating a "genuine, viable, permanent and sustainable solution" within two weeks and calls on parties to "eliminate all forms of political violence."

The deal, following three months of state-sponsored electoral violence, was seen as a victory for the opposition and was similar in concept to the pact worked out between rivals to end ethnic and political violence in Kenya that killed more than 1,000 people earlier this year.

An official from Tsvangirai's party said the talks are to begin Thursday in South Africa's capital, Pretoria. ANGUS SHAW (AP)

Genocide Suspect Arrested in Serbia

Former Bosnian Serb leader accused of role in wartime massacres

He was accused of masterminding massacres that the U.N. war crimes tribunal described as "scenes from hell, written on the darkest pages of human history."

Monday's capture of Radovan



Karadzic

said to have resorted to elaborate disguises to elude authorities.

Karadzic, the wartime leader of the Bosnian Serbs and one of the world's most-wanted men, ended a 13-year manhunt for a genocide suspect

The arrest announcement from Serbian President Boris Tadic's office was stunning: Although authorities had been said to be closing in on Gen. Ratko Mladic, who was also indicted in 1995 for genocide and crimes against humanity in Bosnia, Karadzic's whereabouts had been a mystery for years — and many had all but given up hope of his ever being brought to justice.

Karadzic's reported hideouts included Serbian Orthodox monasteries and refurbished mountain caves in remote eastern Bosnia.

Over the years, newspaper reports said he occasionally disguised himself as a priest by donning a brown cassock.

With NATO-led peacekeepers under orders to arrest him on sight, associates said he sometimes traveled in ambulances with flashing lights to zip through NATO checkpoints undetected. WILLIAM J. KOLE (AP)

90

The average number of minutes that more than half of the cars crossing from Tijuana, Mexico, to the U.S. wait in line, according to Tijuana's College of the Northern Frontier.

World

Indians Debate Nuke Deal

Prime minister faces vote of confidence over energy pact with U.S.

NEW DELHI | India's prime minister has long been regarded as the consummate non-politician, a sober technocrat more comfortable with the arcane details of economic policy than the rough-and-tumble world of Indian politics.

But with his government facing a too-close-to-call confidence vote Tuesday over its landmark nuclear energy deal with the United States, Indians are about to find out just how savvy a politician Prime Minister Manmohan Singh can be.

As the debate on the measure began Monday, observers said the government was anywhere from



Indians protest against an energy deal with the U.S. in Mumbai on Monday.

two to 10 votes shy of the 272 it needed to survive — and everyone was keenly aware that another Indian government fell a decade ago

DETAILS OF THE DEAL

→ Under the pact, India would open its civilian reactors to international inspections in exchange for nuclear reactor fuel and technology.

→ The deal would also reverse 30 years of American policy to isolate India's nuclear sector. (AP)

after losing a confidence motion by one vote.

If the government loses, the nuclear pact — seen as the cornerstone of a budding strategic partnership between New Delhi and Washington — will likely be finished, and early elections will probably be called for later this year, months before the government's term ends next May. MATTHEW ROSENBERG (AP)



French lawmakers hold a copy of the country's new constitution, which was approved by the narrowest of margins on Monday.

France Backs Constitutional Reform

Controversial changes pass by 1 vote in special session of parliament

VERSAILLES, FRANCE | President Nicolas Sarkozy's risky bid to rewrite France's political rules with sweeping constitutional changes worked — but just barely — with both houses of parliament meeting in a special session Monday to pass the measures by a single vote.

Fear of failure was brewing even before nearly 900 lawmakers took their seats at the Chateau of Versailles. The slim passage reflected the controversy over the reform, vehemently rejected by opposition leftists.

Expectations of a close vote were so great that officials decided to hold a separate manual count in addition to the standard electronic one.

In the end, lawmakers voted in

favor of the constitutional reform 539 to 357 — one vote more than the 538 needed to pass. Any constitutional revision needs approval by a three-fifths majority.

The reform gives parliament greater power but also adds new privileges to France's already strong presidency, notably allowing the chief of state to address together the two houses of congress. However, it limits the president to two five-year terms. CHRISTINE OLLIVIER (AP)

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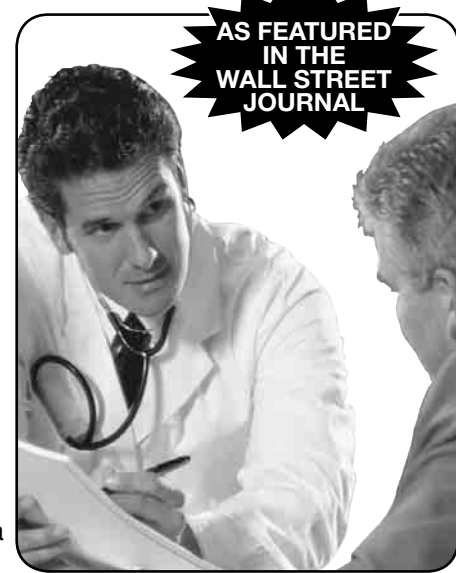
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World



A Cambodian soldier patrols at the Preah Vihear temple on Monday. Talks between Cambodia and Thailand over ownership of the land around the temple failed.

Thai-Cambodian Temple Talks Fail

Both countries send troops to border in dispute over territory

ARANYAPRATHET, THAILAND | Several thousand Thai and Cambodian troops will remain along their countries' shared border after talks failed Monday to resolve a nearly weeklong dispute over land near an 11th-century border temple.

Representatives from both countries, however, reiterated their commitment to avoiding any sort of armed conflict.

"The most important thing is to avoid a confrontation so that there is no violence," Cambodian Defense Minister Tea Banh told reporters after the meeting, though he added that "the temperature ... hasn't been reduced."

The vague talk of progress fell short of the optimistic tone going into the talks between the two coun-

tries' military leaders. Both sides had predicted a solution would be found, with the Thais even suggesting that a troop pullback was in the cards.

The conflict over territory near Preah Vihear temple escalated earlier this month when UNESCO approved Cambodia's application to have the complex named a World Heritage Site.

Thailand sent troops to the border after anti-government demonstrators attacked Thai Prime Minister Samak Sundaravej's government for supporting Cambodia's request to designate the temple. And Cambodia responded with its own deployment.

The Thai protesters claim the temple's new status will undermine their country's claim to 1.8 square miles around the temple.

No further meetings between the two sides are scheduled.

APICHART WEERAWONG (AP)



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HEARSAY | MIDEAST POLITICS



"It is totally abhorrent for the president of Iran to call for Israel to be wiped from the map of the world."

— GORDON BROWN, BRITISH PRIME MINISTER, IN THE FIRST-EVER ADDRESS BY A BRITISH PREMIER TO ISRAEL'S PARLIAMENT, IN JERUSALEM MONDAY. HE SAID IRAN MUST HALT ITS NUCLEAR PROGRAM OR FACE ISOLATION.

1 The amount, in millions of dollars, that Rep. Roscoe Bartlett, R-Md., has under-reported or failed to report in property sales since 2004, according to the Frederick News-Post. Bartlett said the omissions reflected a combination of inattentiveness and confusion about the deals.

Local

Metro Debuts Colorful New Buses

Vehicles use natural gas, will be put in service next month

Metro rolled out a bold new color scheme for Metrobus Monday, the first step in an overhaul of the region's largest bus system that is intended to attract more riders and improve service.

Instead of the current red-and-white striped exterior, the new design features a cherry-tomato-red-and-silver color scheme. The new 60-foot-long buses have a sleeker design than the older, boxy buses and run on compressed natural gas. The buses cost nearly \$800,000 each, as opposed to \$650,000 for a comparable new bus that runs on diesel, officials said.



Metro's newest buses, which feature a silver-and-red color scheme, are scheduled to roll out in August. Officials say the busiest lines will receive priority for the buses.

PHOTO COURTESY WMATA

Metro has bought 22 of the long CNG buses in the new color scheme and will be putting them into service at the end of August, officials said. Metro decided to go with the CNG models despite the added expenses, saying they're more environmentally friendly. The buses have 61 seats — a few seats fewer than the older long buses — and room for 42 people to stand.

Another 203 hybrid buses in the new color scheme will be arriving between now and next June to replace older buses and supplement Metro's current fleet of 1,510 buses. No final decision has been made yet about which routes will get the new buses at the end of August, but Metrobus chief Milo Victoria said the busiest lines will receive priority.

LENA H. SUN (THE WASHINGTON POST)

Bus Deaths Are Ruled Accidental

Medical examiner's office: Men died of head trauma in D.C.

WASHINGTON | The District of Columbia's chief medical examiner has ruled that the deaths of two men injured on an open-top shuttle bus was accidental.

Beverly Fields, a spokeswoman for the medical examiner's office, says the men died of blunt head trauma and that the manner of the deaths was accidental.

Joshua Stoll, 24, of Sterling, Va., died shortly after the July 11 accident.

Michael Feiok, 35, of Centerville, Va., died at a hospital the next day.

Authorities say the two men were either standing on the upper deck of the bus or standing on upper-deck seats when their heads struck the bottom of the 11th Street overpass.

The bus was en route to a Washington Nationals game. No other fans were injured.

Police say they are still investigating the incident. (AP)

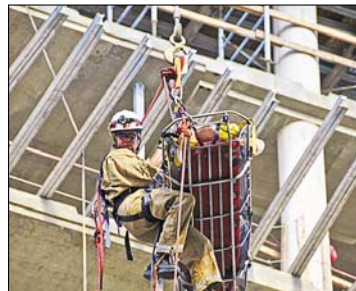
Rooftop Rescue Snarls D.C. Traffic

Traffic on K Street in downtown Washington was snarled Monday as D.C. firefighters staged the dramatic rescue of a worker on the ninth floor of an 11-story building under construction, officials said.

The 49-year-old worker, whose name was not released, fractured his right ankle severely when he fell off some equipment at about

7:30 a.m., D.C. fire department spokesman Alan Etter said.

Because the building, at 1999 K St. NW, is not yet equipped with an elevator, fire crews had to stage a rooftop rescue using a construction crane already on-site in order to get the injured man to a hospital. Police closed 20th Street between K and L streets NW while firefighters and



D.C. firefighter Chris Smith accompanies the injured man down to street level.

ALAN ETTER/DCFD

medics strapped the man into a metal "Stokes" basket, started an intravenous line and carried him up two flights of makeshift stairs to the top floor, Etter said. The injured man, was slowly lowered to street level, accompanied by firefighter Chris Smith.

"As he was being lowered, he pumped his fist into the air several times, indicating to his co-workers that he was all right," Etter said.

DEBBI WILGOREN (THE WASHINGTON POST)



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National Institute of Mental Health NIMH
National Institutes of Health, Department of Health & Human Services

Local



Virginia Tech poet Nikki Giovanni, left, and NAACP chairman Julian Bond greet spectators at the Virginia Civil Rights Memorial at the Capitol in Richmond, Va.

Va. Unveils Civil Rights Monument

Bronze statue honors black schoolchildren's fight for desegregation

RICHMOND, VA. | Half a century after black schoolchildren and civil rights champions struggled to desegregate Virginia's schools, statues honoring them desegregated the state Capitol grounds.

Thousands of people crowded Capitol Square in 95-degree heat Monday for the dedication of the civil rights monument alongside those of Confederate icons. The Capitol a few steps away was once the seat of the

Confederate government.

When a gray drape was pulled from the massive, rectangular monument, some in the crowd clapped and cheered. Some dabbed away tears.

Gov. Tim Kaine called it a proud moment in Virginia's tragic and triumphant history. Poet Nikki Giovanni hailed it as "a celebration of the road we have traveled."

A bronze figure featured on the monument is that of the late Barbara Johns. As a schoolgirl, she led the 1951 student walkout at all-black Robert Russa Moton High School in Farmville, Va. (AP)

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The Lotteries

Monday, July 21

DISTRICT

Mid-day Lucky Numbers	0-9-3
Evening Lucky Numbers (Sun.)	4-4-3
Mid-day DC 4	2-1-7-6
Evening DC 4 (Sun.)	8-9-6-3
Rolling Cash Five (Sun.)	8-9-12-13-32
Daily 6 (Sun.)	18-20-28-29-36-39 Bonus: 26

All winning numbers are official only when validated at a lottery ticket location or a lottery claims office. Drawings that occur after Express's deadline will be published two days later.

MARYLAND

Mid-day Pick 3	6-1-3
Evening Pick 3 (Sun.)	6-3-3
Mid-day Pick 4	9-3-4-1
Evening Pick 4 (Sun.)	5-5-6-3
Match 5 (Sun.)	4-6-13-24-34 Bonus: 2

VIRGINIA

Mid-day Pick 3	5-9-5
Evening Pick 3 (Sun.)	9-5-4
Mid-day Pick 4	5-3-8-6
Evening Pick 4 (Sun.)	5-1-8-2
Mid-day Cash 5	3-9-12-16-26
Evening Cash 5 (Sun.)	2-13-14-28-31

Styles. Every Friday



SALES DECEIT: LCD or plasma TV? According to a survey by J.D. Power and Associates, electronics salespeople don't know much about the differences, but still steer customers to a costlier LCD set more than three times out of four.

Money

Blackwater Shifts Business Plans

Company wants out of security work after scrutiny over Iraq

MOYOCK, N.C. | Blackwater Worldwide said Monday that it planned a shift away from the security contracting business that earned it millions of dollars and made it a flash point in the debate over the use of security contractors in war zones.

"The experience we've had would certainly be a disincentive to any other companies that want to step in and put their entire business at risk," company founder and CEO Erik Prince said.

Blackwater executives say they have unfairly become a symbol for all contractors in Iraq and thus the company is a target for those opposed to the war. It will continue



Erik Prince, founder and CEO of Blackwater Worldwide, said his company's experiences in Iraq may keep other companies from providing security work overseas.

“Security was not part of the master plan [at Blackwater], ever.”

GARY JACKSON, COMPANY PRESIDENT

guarding U.S. officials in Iraq, but its future will be focused on training, aviation and logistics.

"Security was not part of the master plan, ever," company president Gary Jackson said.

The company has made hundreds of millions of dollars defending U.S. diplomats in Iraq, one of several government contracts that earned Blackwater more than \$1 billion since 2001.

The company has been under intense scrutiny since September, when its security contractors opened fire in a crowded Baghdad intersection while responding to a car bombing. Seventeen Iraqis were killed.

The Justice Department is expected to decide soon whether to bring charges against a handful of contractors involved in the shooting in Baghdad's Nisoor Square. The company itself is not a target of the investigation and has pledged its cooperation with the probe.

Company executives would not say whether they expect their contractors to face charges but said an indictment likely wouldn't affect the core business model of the company.

"Indictment of any of the folks who were in Nisoor Square wouldn't be grounds for disbarment [from government contracts]," said Andrew Howell, the company's general counsel. MATT APUZZO (AP)

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CHARLES REX ARBOGAST/AP FILE

Billionaire financier Carl Icahn, right, and his wife, Gail, are seen in this file photo. Icahn is pushing for Microsoft to buy Yahoo. He owns \$1.5 billion in Yahoo stock.

Yahoo Reaches Truce With Icahn

Compromise on board seats leaves room for deal with Microsoft

SAN FRANCISCO | Yahoo Inc. averted a showdown with rabble-rousing investor Carl Icahn on Monday by giving him three seats on its board of directors in a truce that still leaves the door open for a possible sale to Microsoft Corp.

The compromise spares Yahoo from more bickering with Icahn, an acerbic billionaire who had spent the past two months spearheading a rebellion to replace the Internet company's entire board in retaliation for its rejection of Microsoft's \$47.5 billion takeover bid in May.

The duel had been scheduled to culminate in a shareholder vote at Yahoo's Aug. 1 annual meeting.

It now appears there will be fewer fireworks at that gathering, although some Yahoo shareholders are still expected to vent about the board's inability to get a deal done with Microsoft after six months of wrangling.

The main order of business will be the cease-fire giving Icahn three of the 11 seats on Yahoo's board,

which will be expanded to make the deal possible.

Eight of Yahoo's current nine directors will be retained, leaving the company's current regime — headed by Chairman Roy Bostock and Chief Executive Jerry Yang — in the driver's seat.

Robert Kotick, the CEO of video game maker Activision Blizzard Inc. and a Yahoo director for five years, will surrender his seat as part of the agreement.

But the compromise, negotiated over the weekend, doesn't necessarily settle Yahoo's fate, which has been unclear since Microsoft made its first unsolicited offer in January.

Icahn, who owns a 5 percent stake in Yahoo, emphasized he still believes a sale of all or part of Yahoo may still be the best way for the Sunnyvale, Calif.-based company to lift its sagging stock price.

And with more than \$1.5 billion invested in Yahoo, Icahn isn't likely to be satisfied with the status quo. He paid an average of about \$25 per share for his Yahoo holdings, meaning he will sustain a loss unless the company's stock perks up.

MICHAEL LIETKE (AP)

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"I told him, 'Give me some of that stuff you rubbed on your ankle. My ankle's killing me. He did a great job today; he was going 100 percent.'"

— Redskins coach Jim Zorn said Fred Smoot, who sprained his ankle on Sunday, practiced Monday.



Sports

DE Taylor Arrives at Redskins Park

Newest Redskin says the split with Miami was an amicable one

REDSKINS | Jason Taylor characterized his split from the Dolphins as amicable as he was officially introduced as the newest member of the Washington Redskins on Monday night.

The defensive end, who was acquired from Miami for two draft picks the day before, arrived in town Monday and underwent a physical.

"I am very pleased to be a Washington Redskin right now," Taylor said. "It was a whirlwind the last 24 hours."

The Redskins gave the Dolphins a second-round pick in 2009 and a sixth-round choice in 2010 for Taylor, who had been with Miami for all of his 11 NFL seasons. The 2006 NFL Defensive Player of the Year had clashed with Dolphin management this offseason.

"As an athlete, you want to win," Taylor said. "The reason I play the game is to win, and I think the organization here and the Washington Redskins give me a great chance to win this year."

During the offseason, it was clear Taylor and the Dolphins,



New Redskins defensive end Jason Taylor arrives at Redskins Park to much fanfare on Monday. Taylor will be playing for just his second NFL team in 12 seasons.

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washingtonpost.com

led by executive vice president of football operations Bill Parcells, did not see eye to eye as Taylor participated in the television show "Dancing With the Stars" rather than work out with the team.

However, Taylor believes his departure from Miami was on good terms.

"It is for me," Taylor said. "I think people are a little disappointed in that. I think they want strife or some bickering back or forth, and that's just not what it is."

During the offseason, Taylor had said that he wanted to play just one more season. On Monday, he said he was committed to playing for at least the two seasons remaining on his contract — and added that he hoped to play as long as he was able.

"Our pass rush has improved dramatically with a Pro Bowl player like Jason," Redskins coach Jim Zorn said.

DAIMON EKLUND (AP)



Redskins DE Phillip Daniels walks out of Redskins Park one day after his injury.

Daniels Returns on Crutches

Redskins' DE, 35, says he will try to come back to play next year

REDSKINS | Phillip Daniels walked into Redskins Park on crutches Monday afternoon, one day after suffering a knee injury that ended his season barely an hour into training camp.

Daniels tore the anterior cruciate ligament in his left knee during the Washington Redskins' first training camp practice Sunday. The injury set in motion the chain of events ending in Sunday's trade that brought former Miami Dolphin Jason Taylor to the Redskins.

Daniels had been expected to be the starting left defensive end for the Redskins, a spot Taylor will now likely fill.

"It's tough, man. I went through this offseason and I trained hard. I trained as hard as I ever trained in my life," Daniels said. "And now all that training I did — I think that hurts the most, because I trained so hard and that's gone."

Daniels said he was happy the team was able to get Taylor to fill his spot on the defensive line, but at age 35 he knows his playing days could be limited.

"I'm going to come back and train hard. Whether it's playing or coaching, we'll see," he said. "Hopefully I get a chance to come back and finish my career on a high note, not this way."

He added: "But if it does end this way, I've had a great career and I've done a lot of good things." (AP)

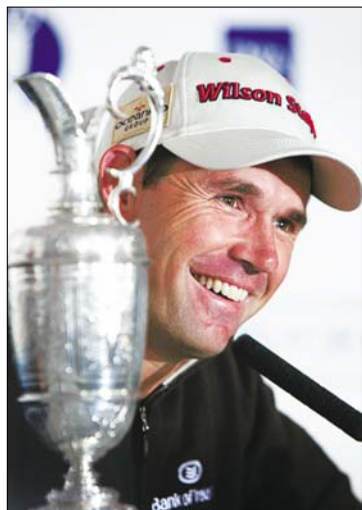
No Question Harrington Is the King

Golfer leaves little no room for asterisks on the silver claret jug

GOLF | Padraig Harrington never tires of reading the fine print on the silver claret jug, and as he stood up from a table Monday morning at Royal Birkdale, he slowly turned golf's oldest trophy to see his name on consecutive rows.

There were 126 names. It's also worth noting what wasn't there.

"I don't think this champion has anything to worry about with asterisks etched next to his name," Royal & Ancient chief executive Peter Dawson said. "He proved that last year."



Padraig Harrington dominated the field at the British Open, shooting 69 Sunday.

The bluster at the start of this British Open was whether the winner should get full credit because Tiger Woods couldn't play. That was long forgotten after Harrington shot a 32 over his final nine holes in 30 mph wind to follow Woods as a back-to-back champion.

The only question is how much more the Irishman can achieve.

"Winning the first major last year ... the reflection on that was, 'Guys have won one major. Let's try to set yourself apart and win two,'" Harrington said Monday after his four-shot victory moved him up to No. 3 in the world. "Now that I've got two, I'm in a different club now."

The next target presumably is

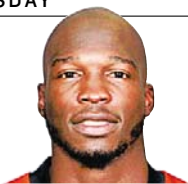
winning a major other than the British Open, and his next chance is coming quickly. The PGA Championship starts in only three weeks at Oakland Hills outside Detroit. But that can wait.

This wasn't as exhilarating as his playoff victory at Carnoustie last year over Sergio Garcia, perhaps because that was his first major and the engraver had to wait until the final putt before going to work.

"This time around was a more determined effort. It was more satisfying and in many ways more rewarding," Harrington said. "To have done it back-to-back is very special. To have two majors is very special. But I think what I take most from it is going out in the last group and performing when I needed to."

DOUG FERGUSON (AP)

Sports



TURNED AROUND: Receiver Chad Johnson said he'll report on time for the Bengals' training camp next weekend, but his surgically repaired ankle will probably prevent him from fully participating. Johnson also said that he wants to move on from his failed attempt to maneuver a trade.

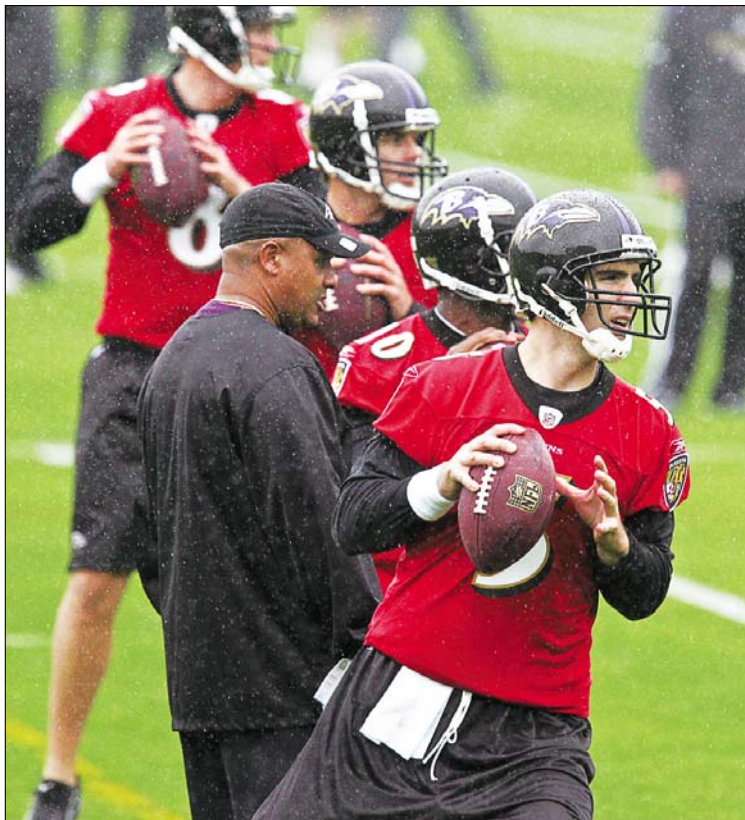
Rookie QB Is Center of Attention

Ravens' Flacco thinks he can be the team's starter by the 1st week

RAVENS | Rookies, quarterbacks and injured veterans reported to Baltimore Ravens training camp on Monday, though first-round draft pick Joe Flacco remained the center of attention.

Intent on making an immediate bid for the starting job, Flacco handled his business off the field by officially signing a five-year, \$30 million maximum value contract that includes \$8.75 million in guaranteed money. Flacco agreed in principle to the deal last Wednesday.

Now, Flacco's focus turns toward proving himself on the field as the first practice kicks off Tuesday morning at McDaniel College. The former Delaware star has set a goal of being the opening-game starter Sept. 7 against the Cincinnati Bengals as he competes with Troy Smith and Kyle Boller.



Joe Flacco participates in a minicamp in May. The rookie quarterback, who coaches describe as quiet and poised, set a goal of being the Ravens' starter for Week 1.

"I'm going to go out there and act like I am, just like everybody should do," Flacco said during a press conference at the team's hotel. "I want to go out there and play the way I've always played football. I want to go out there and prove to everybody, prove to the coaches, most importantly, and myself and my teammates that I can play. Obviously, at the end of training camp, we're going to find out."

The 6-foot-6, 235-pound New Jersey native led Delaware to the Division I-AA national championship game last season, throwing 41 touchdowns in two seasons. So far, he has impressed team officials with his powerful arm strength and quiet poise.

"Joe has come in and started to confirm some of the things that were told to us by people that were close to him and some of the things that we have seen on tape," Ravens general manager Ozzie Newsome said. "I'm just glad he's signing here today." (AP)

Shockey Traded To New Orleans For Draft Picks

NFL | Jeremy Shockey was traded to the Saints for two draft picks Monday, giving New Orleans a disgruntled star tight end who watched from the sideline while injured as the New York Giants surged to the Super Bowl title.

The Giants will get second- and fifth-round picks in the 2009 draft. The deal must be approved by the league and is contingent on Shockey's passing a physical.

The deal reunites Shockey with Saints coach Sean Payton, who was the Giants' offensive coordinator in 2002, when Shockey was Rookie of the Year.

"I have had a relationship with coach Payton, and I appreciate what he has done as a head coach," Shockey said in a statement released by the Saints. "The Saints have a lot of weapons starting with Drew Brees, and I look forward to joining my teammates at training camp. This will be a fun year."

BRETT MARTEL (AP)

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The number of times Michelle Wie, 18, has played on the PGA tour. The part-time Stanford student will play in her eighth men's tour tournament this weekend at the Legends Reno-Tahoe Open. She was disqualified from an LPGA Tour event on Saturday for failing to sign her scorecard.

Sports

After 3 Years, U.S. Team Is Ready

Olympic basketball squad has been heavy on prep work this time

OLYMPICS | Three weeks wasn't enough time to prepare for the last Olympics. So, now the United States is trying three years.

The Americans opened training camp Monday, but they were much closer to the end of their Olympic preparations than the beginning.

With the same coaching staff and many of the same players back for their third straight summer, much of the work has already been done.

There isn't the same rush to cram everything in as there was four years ago, when the Americans were together for only 20 days before their first game in Athens — a 92-73 blowout loss against Puerto Rico that was their worst defeat ever in the Olympics.



Carmelo Anthony, Dwyane Wade, Dwight Howard and Kobe Bryant wait outside a team event in New York in June. All but Wade will start for the team in Beijing.

They lost twice more and left with a bronze medal, citing a lack of preparation as one of their biggest problems.

Carmelo Anthony was on that team and knows this one can't use

that excuse.

"We've been together for years now, so we know what to expect," Anthony said. "It isn't like we just came together in two weeks. We've been together last summer all sum-

mer, six of the guys been together the summer before that, and a couple of us been together in '04. So, we've been together for a long time."

Anthony, LeBron James, Dwyane Wade, Chris Paul, Dwight Howard and Chris Bosh were together for 42 days in 2006, counting the world championships. Much of the team was in Las Vegas last summer for 24 days for the FIBA Americas tournament.

Still, there's plenty to be done. The starting five is set with Anthony, James, Howard, Kobe Bryant and Jason Kidd, but coach Mike Krzyzewski needs to settle on a rotation beyond that. The Americans had a strong bench in last year's Olympic qualifying tournament, but Chauncey Billups and Amare Stoudemire, two top reserves, aren't playing.

"Our guys, I'm sure, are biting at the bit to get it going and so are the coaches," assistant coach Mike D'Antoni said.

BRIAN MAHONY (AP)

Bush to U.S. Olympians: Be Ambassadors

OLYMPICS | President Bush gave U.S. Olympians a rousing White House send-off to next month's games in Beijing, urging them Monday to "compete swifter, higher and stronger" but also be mindful they will be "ambassadors of liberty" to the people of China and elsewhere.

Standing in the Rose Garden with about two dozen athletes who will compete in the Beijing Olympics and the corresponding Paralympics in September, Bush said he is "fired up" to watch the games.

Human rights groups had urged Bush to boycott the opening ceremonies to oppose China's crackdown on protesters in Tibet. The Bush administration argues that the Olympics are a sporting event not to be politicized and that the president will raise human and religious rights with Chinese officials in the appropriate context. (AP)

TODAY'S TV LINEUP

NATIONALS (10 P.M. ON MASN2) After a successful series against the Braves in which the Nats' bats really heated up, the team heads to San Francisco to play the Giants.

ORIOLES (7 P.M. ON MASN) The Orioles continue a 10-game homestand with a four-game series against the Toronto

Blue Jays.

CYCLING (6:30 A.M. ON VERSUS) The Tour de France starts early Tuesday morning because it has to go over two huge mountains.

WNBA (7 P.M. ON ESPN2) Los Angeles is at Detroit for a battle between WNBA powerhouses.

MLB STANDINGS

THROUGH JULY 20'S GAMES

AMERICAN LEAGUE

EAST	W	L	PCT.	GB	HOME	ROAD
Tampa Bay	57	40	.588	—	38-15	19-25
Boston	57	43	.570	1.5	36-11	21-32
N.Y. Yankees	53	45	.541	4.5	30-22	23-23
Toronto	48	50	.490	9.5	27-20	21-30
Baltimore	47	50	.485	10	27-18	20-32
CENTRAL	W	L	PCT.	GB	HOME	ROAD
Chicago	55	42	.567	—	33-15	22-27
Minnesota	55	43	.561	0.5	34-19	21-24
Detroit	49	49	.500	6.5	28-20	21-29
Kansas City	45	54	.455	11	22-24	23-30
Cleveland	43	54	.443	12	26-22	17-32
WEST	W	L	PCT.	GB	HOME	ROAD
L.A. Angels	60	38	.612	—	29-20	31-18
Oakland	51	47	.520	9	31-24	20-23
Texas	51	48	.515	9.5	25-21	26-27
Seattle	38	60	.388	22	20-29	18-31

NATIONAL LEAGUE

EAST	W	L	PCT.	GB	HOME	ROAD
Philadelphia	53	46	.535	—	27-23	26-23
N.Y. Mets	53	46	.535	—	28-18	25-28
Florida	52	46	.531	0.5	28-21	24-25
Atlanta	46	52	.469	6.5	31-20	15-32
Washington	38	61	.384	15	20-30	18-31
CENTRAL	W	L	PCT.	GB	HOME	ROAD
Chicago	58	40	.592	—	37-12	21-28
St. Louis	57	43	.570	2	30-21	27-22
Milwaukee	55	43	.561	3	31-17	24-26
Cincinnati	48	52	.480	11	28-21	20-31
Houston	46	52	.469	12	24-22	22-30
Pittsburgh	44	54	.449	14	29-22	15-32
WEST	W	L	PCT.	GB	HOME	ROAD
Arizona	48	50	.490	—	28-21	20-29
L.A. Dodgers	48	50	.490	—	25-24	23-26
Colorado	43	57	.430	6	29-21	14-36
San Fran.	40	58	.408	8	17-31	23-27
San Diego	37	62	.374	11.5	23-30	14-32

At the Break, United Is Hot and Cold

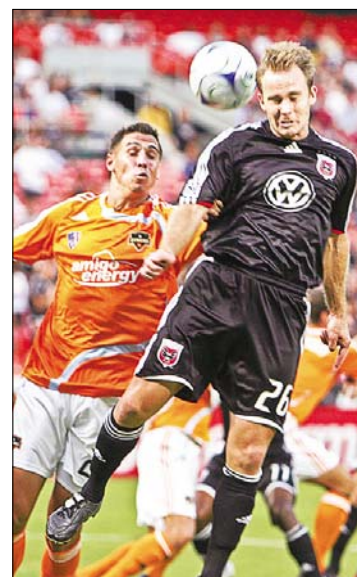
D.C. has won 8 straight league games but has lost 3 in the SuperLiga

UNITED | Thanks to a thunderstorm in early June, D.C. United will have the opportunity to enter the MLS All-Star break on an up note following its poor showing in last week's SuperLiga, in which United lost all three games — at home — and yielded eight goals.

Houston, which defeated D.C. in the finale on Saturday, stayed in town to make up the league match that was washed out seven weeks ago. Following Tuesday night's game at RFK, United (7-7-1) will not play again for 11 days.

"We just have to get back to the league and try to start winning again," defender Marc Burch said of Saturday's loss to the Dynamo. "It's tough to take three losses, but we'll learn. We'll move on. We're in a good place in the league right now, and, if we beat them on Tuesday, it's a more important game."

D.C. entered SuperLiga on an



Bryan Namoff heads a ball during D.C. United's loss to Houston on Saturday.

eight-game unbeaten streak but fell apart in the first two matches, playing the sort of loose, listless soccer that resulted in the club's poor start to the season. The absence of injured playmaker Marcelo Gallardo and defender Gonzalo Peralta, who have started rehabbing recent

hernia surgeries, didn't help matters. D.C. was virtually eliminated when Saturday's game against Houston rolled around and fielded a reserve-laden lineup.

"We are going to make sure that we do all the things to make us successful after the bad streak at the beginning of the year," coach Tom Soehn said. "I learned a lot ... about some of the players. So, hopefully, this all takes us to where we were."

United will have no players in Thursday's MLS All-Star game. What looks like a short-term snub may be a blessing in the long run.

"Just with the heat and humidity, the number of games we've had this last month, it takes its toll on a player," defender Bryan Namoff said. "We've got one more to go look for on Tuesday and then we'll have a little bit of a break, which I think will be really needed to try to come back." BRIAN STRAUS

Go inside: Stay up to date on the latest MLS and D.C. United news with Soccer Insider | washingtonpost.com.

Sports

Schleck Knows He Must Attack

With only 50 seconds separating top 5 Tour riders, no one is safe

CYCLING | Two tough mountain stages and a time trial await in the Tour de France, which is building to its closest finish in years. Frank Schleck has a plan on how to keep his yellow jersey: attack.

The Luxembourgian rider knows he must go after Cadel Evans of Australia and Denis Menchov of Russia in the next two mountain stages following Monday's off day. Then he hopes he has a big enough lead before the time trial.

"I don't remember a Tour as open as this, with three riders within 10 seconds of each other and six riders within 50 seconds," Tour director Christian Prudhomme said.

Schleck is seven seconds ahead of Bernhard Kohl of Austria and eight in front of Evans. Menchov

is 38 back in fourth place, while Christian Vande Velde of the United States is 39 behind, and Carlos Sastre of Spain trails by 49.

"It's the closest Tour ever, isn't it? I think it will probably go all the



Schleck

way to Paris like that," Evans said. "It's great for you guys watching, but it's a little bit anxious for us."

Schleck took the yellow jersey from Evans by attacking him in the final climb of Sunday's 15th stage up to the Italian ski resort of Prato Nevoso. But he will need to increase his lead by Saturday's time trial if he wants to win.

"I am not a time-trial specialist, even if having the yellow jersey gives you wings," Schleck said. "With the team we have, we can continue to be aggressive." JEROME PUGMIRE (AP)

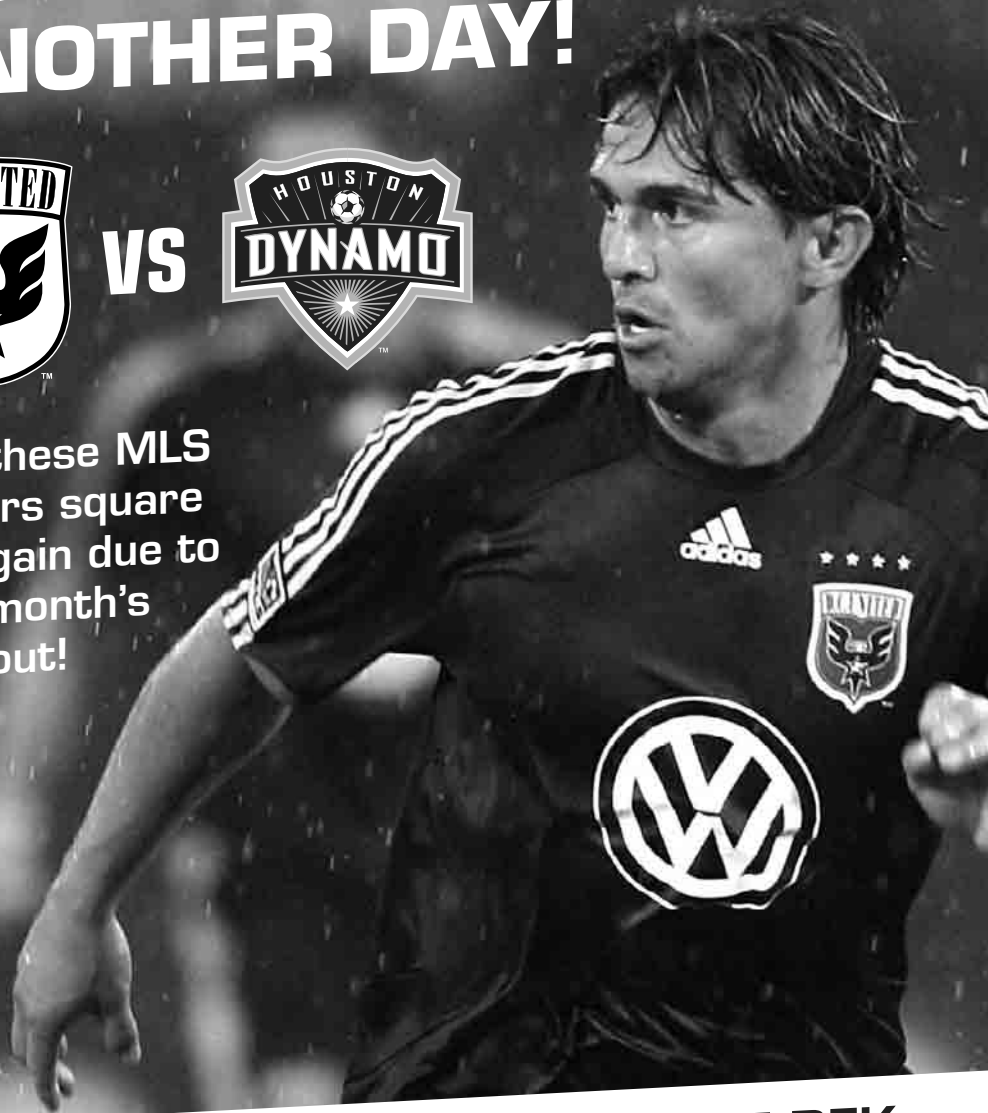
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BUT SHE'S A TEXAN, Y'ALL: Jessica Simpson has gone country. She opened for Sara Evans in Randall, Wis., on Saturday and was greeted with boos. Despite the negativity, Simpson made sure to dedicate a song to her beau, Tony Romo, who was in the audience.

Entertainment

Truth Is Out There

Does Scully-Mulder nostalgia exist? Only the big screen will tell

FEATURE FILM | The truth is still out there — on billboards, in sci-fi chat rooms and, on July 25, in a few thousand movie theaters.

While the audience out there for “The X-Files: I Want to Believe” remains unknowable, Fox hopes the spooky sequel can become the latest example of a successful “reboot”: thawing out a dormant film franchise after years in deep freeze.

It's been a decade since David Duchovny and Gillian Anderson last appeared together on the big screen in “The X-Files: Fight the Future,” the first cinematic offshoot of the TV series that ran on Fox from 1993 through the 2002-03 season. Since then, studios have released new installments of everything from 1980s actioners “Rocky,” “Rambo” and “Die Hard,” and comic book fantasies “Superman” and “Batman” to this summer’s “Indiana Jones.”

Although each reboot poses unique challenges for studio marketers, they mostly have been suc-



WHO WANTS TO BELIEVE? Before opening day, it is hard to know whether a sizable audience will head out to see “X-Files.”

cessful in relaunching properties. So, it's no surprise that new chapters in the “Terminator” and “Beverly Hills Cop” are in the works.

“There's always been an appetite for these movies,” says Geoff

Ammer, president of marketing at Marvel Studios. “Public tastes change. But what you really have in your vault is characters you've built an awareness of.”

Awareness, yes. But relevance?

Central to making and selling these reboots is satisfying the nostalgia of a built-in fan base while expanding the audience to a generation that, in the case of “X-Files,” could think Scully and Mulder refers to

an accounting firm.

Even more challenging, fans can be resistant to changes when updating a franchise, from casting. “They have 20 years of loving, watching and quoting these movies,” says Chris Thilk, author of the blog Movie Marketing Mania. “Now you're going to introduce something new into that?”

“What you really have in your vault is characters you've built an awareness of.”

GEOFF AMMER, MARVEL STUDIOS

Much of this complaining occurs on the Internet, which was largely unimagined when many of these properties were last seen.

On the flip side, Tim Palen, co-president of marketing at Lionsgate, remembers how Stallone was received by the UFC fans, many of whom weren't even born when Rambo last went to war. “The entire room lost their minds,” he says. “It was like Jesus Christ had shown up at the Palms.”

Now, with “X-Files” being reactivated, it remains a mystery whether Fox can similarly meld nostalgia with fresh enthusiasm. ERIC LICHTENFELD (THE HOLLYWOOD REPORTER)

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THE MAE SHI

Bad as It Wants to Be

Maybe it's the laid-back West Coast vibe, but the L.A.-based boys of the Mae Shi aren't afraid to be delightfully unpredictable. Their brand of experimental punk is loud when it wants to be and poetic when it wants to be. But no matter its mood, this music is consistently awesome.

→ *Velvet Lounge, 915 U St. NW; 9:30 p.m., \$7; 202-462-3231. (U St.-Cardozo)*

THE TING TINGS

That's Their Name

The Ting Tings are what you might call “on the verge.” They're a British two-person band — yeah, they're both attractive hipsters — who play indie-pop music that keeps



How cool are the Ting Tings? So cool that their music was on “Gossip Girl.”

showing up in iPod commercials. This either means they are cool or they have been hopelessly co-opted by lifestyle brands that seek to appeal to the jeans-so-tight-your-eyes-bulge-out set. We vote “cool.”

→ *9:30 Club, 815 V St. NW; 7 p.m., \$15; 202-265-0930. (U St.-Cardozo)*

FREDERIC GREGORY LECTURE

Blast Off!

You've probably never heard of Frederic Gregory, but he was the first black to command a space shuttle mission. Which is awesome. He'll talk about that and his childhood at a lecture tonight.

→ *Anacostia Community Museum, 1901 Fort Place SE; 7 p.m., free; 202-633-4844. (Anacostia)*

the scene

Thursday

A Night of Hip-Hop: A celebration of hip-hop music and film. National Portrait Gallery, 8th and F streets NW; 2 p.m., free; 202-633-1000. (Metro Center)

Summer Champagne and Other Bubbles: A champagne tasting on a summer night. Embassy of France, 4101 Reservoir Road NW; 6:30 p.m., \$79; 301-841-7609.

A Report of Gunfire: The story of a war correspondent in Iraq. Warehouse Theater, 1021 7th St. NW; 9:30 p.m., \$15; 202-737-7230. (Gallery Place)

Bill Kirchen & the Hammer of the Honky-Tonk Gods: America's premiere Dieselbilly musician. Birchmere Music Hall, 3701 Mt. Vernon Ave., Alexandria;

7:30 p.m., \$25; 703-549-7500.

Friday

Soundclash: Vintage reggae and ska. Marx Café, 3203 Mount Pleasant St. NW; 10 p.m., free; 202-518-7600. (Columbia Heights)

Spiritualized: Psychedelic rock band with a focus on “space rock” — music too cool for this planet. 9:30 Club, 815 V St. NW; 8 p.m., \$25; 202-265-0930. (U St.-Cardozo)

Stanley Jordan: Jazz guitarist known for his fingertapping. The Music Center at Strathmore, 5301 Tuckerman Lane, North Bethesda; 8 p.m., \$25; 301-581-5100. (Grosvenor)

Cherry Poppin' Daddies: The Sultans of Swing. The State Theatre, 220 N. Washington St., Falls Church; 7 p.m., \$20; 703-237-0300.

Entertainment



THEY WOULD NEVER HAVE PULLED THIS WITH CONAN O'BRIEN: Jimmy Fallon will gain his sea legs as the host of "Late Night" through short episodes broadcast on the internet. These will air for several months before he debuts on TV.

An Interest in Faith

Older, wiser Jennings writes about religion with new maturity

BELIEF | Singer-songwriter Mason Jennings is a lover of many religions, a theme that heavily influenced his recent release, "In the Ever." The 33-year-old, whose parents weren't religious, says it wasn't until his first son was born five years ago that he became open to the idea of some sort of spiritual presence. He says his change in mind-set is much of what makes "In the Ever" different from his first six albums.

"It just feels like instead of struggling with [religion], I think this record's the first one I've definitely worked with it," he says. "I feel like I've made this record with a higher power."

His newfound spirituality hasn't brought a big change in his record sales, but it has given him some staying power on the charts. "In the Ever" sold 5,000 copies in its first week and debuted at No. 4 on Billboard's Top Heatseekers chart. To date, it's sold 16,000. His last record, 2006's "Boneclouds," sold 6,000 copies in its first week (27,000 to date) and peaked at No. 3 on the Top



Musician Mason Jennings has found new staying power with his sixth album.

PHOTO COURTESY MASON JENNINGS

Heatseekers chart but dropped off the chart the following week.

In the album's third track, "I Love You and Buddha Too," Jennings innocently professes that everyone is a part of God, and God can be explained only through metaphors — sort of like his relationship with music. Amid playful shouts of "all right" and "oh, yeah," he sings, "Why do some people say/that there is just one way/to love you, God, and come to you/We are all a part of you."

The childlike simplicity of the song sums up the bulk of the album, most of which Jennings recorded

alone in the woods in rural Minnesota. With the exception of a couple songs, his only recording equipment was a laptop and two microphones. Each day he would wake up with a goal of starting a song in the morning and finishing it by the evening.

He said being secluded during the recording process helped him to be less concerned about what other people would think about his work.

"If I'm outside in the woods, I kind of just worry about what rhythms feel good to me and what lyrics feel good to me, and I kind of trust my inner voice more that way," he says. "When I'm in a city, I often start to get the vibrations of all the people around me, which can make you wonder if people are gonna like the record."

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WANTED (R) - ID REQ'D (1115 215 515) 815 1045
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RW & DA: DARK KNIGHT (PG-13) ★ (Stadium) (1150 1220 1250 120 310 340 410 440) 630 700 730 800 950 1020 1050
MAMMA MIA (PG-13) (1100 140 210 430 530) 720 750 1010 1040
THE DARK KNIGHT (PG-13) ★ (1150 1220 1250 120 310 340 410 440) 630 700 730 800 950 1020 1050
MEET DAVE (PG) (1130 150 430)
JOURNEY TO THE CENTER OF THE EARTH (PG) (1100 130 400) 715 1000
HANCOCK (PG-13) (110 350) 620 720 900 1000
WANTED (R) - ID REQ'D (1110 200 450) 740 1030
WALL-E (G) (100 330) 610 850
KUNG FU PANDA (PG) (1100 130 400) 640 910

KINGSTOWN STADIUM 16
5910 Kingstowne Towne Center 703-822-4956

Adv. Tix on Sale THE MUMMY: TOMB OF THE DRAGON
EMPEROR (PG-13) ★
Adv. Tix on Sale STEP BROTHERS (R) - ID REQ'D ★
Adv. Tix on Sale X-FILES: I WANT TO BELIEVE (PG-13) ★
RW & DA: DARK KNIGHT (PG-13) ★ (Stadium) (1245 405) 730 1045
SPACE CHIMPS (G) (Stadium) (1200 215 420) 705 915
THE DARK KNIGHT (PG-13) ★ (Stadium) (1030 1150 1220 115 150 310 340 435 510) 630 700 800 830 950 1020
MAMMA MIA (PG-13) (1145 220 500) 745 1025
MEET DAVE (PG) (Stadium) (305) 620 855
HELLBOY II: THE GOLDEN ARMY (PG-13) (Stadium) (1050 1235 330) 625 715 915 1015
JOURNEY TO THE CENTER OF THE EARTH (PG) (Stadium) (1225 245 505) 735 1005
HANCOCK (PG-13) (1105 1205 120 225 350 445) 625 710
WANTED (R) - ID REQ'D (Stadium) (205 450) 750 1040
WALL-E (G) (Stadium) (1040 105 140 345 415) 640 915
GET SMART (PG-13) (Stadium) (155 440) 720 1010
KUNG FU PANDA (PG) (Stadium) (1030 1250)

Free Family Film Festival - Today 10AM

COUNTRYSIDE STADIUM 20
45980 Regal Plaza 800-FANDANGO 394#

Adv. Tix on Sale THE MUMMY: TOMB OF THE DRAGON
EMPEROR (PG-13) ★
Adv. Tix on Sale STEP BROTHERS (R) - ID REQ'D ★
Adv. Tix on Sale X-FILES: I WANT TO BELIEVE (PG-13) ★
SPACE CHIMPS (G) (1150 215 430) 655 905
THE DARK KNIGHT (PG-13) ★ (1120 1155 1230 1255 130 205 240 315 350 415 450 525) 600 635 710 735 810 845 920 955 1030
MAMMA MIA (PG-13) (1130 1240 220 340 500) 650 750 930 1030
OC & DA: HELLBOY II: THE GOLDEN ARMY (PG-13) (330) 1005
MEET DAVE (PG) (100 320)
HELLBOY II: THE GOLDEN ARMY (PG-13) (1100 1220 150 440) 700 800
JOURNEY 3-D: \$2.50 ADDED FEE FOR 3-D (PG) ★ (1125 145 425) 720 945
KIT KITTREDGE: AMERICAN GIRL (G) (1135 200) 435 705 935
HANCOCK (PG-13) (1110 1205 140 230 405 510) 645 745 910 1010
WANTED (R) - ID REQ'D (110 400) 725 1015
WALL-E (G) (1115 200 435) 705 935
KUNG FU PANDA (PG) (1215 300) 625 915
SEX AND THE CITY (R) - ID REQ'D (120 940)
INDIANA JONES: THE KINGDOM OF THE CRYSTAL (PG-13) (610 855)
IRON MAN (PG-13) (630 1000)

Free Family Film Festival Tue & Wed 10AM

FOX STADIUM 16
22875 Crawford Plz. Auburn, VA 703-957-1035

Adv. Tix on Sale THE MUMMY: TOMB OF THE DRAGON
EMPEROR (PG-13) ★
Adv. Tix on Sale STEP BROTHERS (R) - ID REQ'D ★
Adv. Tix on Sale X-FILES: I WANT TO BELIEVE (PG-13) ★
RW & DA: DARK KNIGHT (PG-13) ★ (Stadium) (120 440) 800
THE DARK KNIGHT (PG-13) ★ (Stadium) (1150 1220 1250 150 310 340 410 510) 630 730 830 950 1020 1050
MAMMA MIA (PG-13) (Stadium) (1155 100 230 345 515) 645 745 930
SPACE CHIMPS (G) (Stadium) (1215 245 500) 720 945
HELLBOY II: THE GOLDEN ARMY (PG-13) (Stadium) (1200 115 300 415) 600 710 915 1015
MEET DAVE (PG) (Stadium) (1130) AM
JOURNEY TO THE CENTER OF THE EARTH (PG) (Stadium) (200 430) 715 945
HANCOCK (PG-13) (Stadium) (215 445) 640 740 900 1000
WANTED (R) - ID REQ'D (Stadium) (145 450) 750 1040
WALL-E (G) (Stadium) (1230 330) 615 845
GET SMART (PG-13) (Stadium) (1240 315) 610 850
KUNG FU PANDA (PG) (Stadium) (130 400)

Free Family Film Festival Tue, Wed & Thu 10AM

FAIRFAX TOWNE CENTER 10
4110 W Ox Road 800-FANDANGO 670#

Adv. Tix on Sale X-FILES: I WANT TO BELIEVE (PG-13) ★
SPACE CHIMPS (G) (1100 115 330 545) 800 1015
HELLBOY II: THE GOLDEN ARMY (PG-13) (1130 120 215 405 500) 700 745 945 1035
JOURNEY 3-D: \$2.50 ADDED FEE FOR 3-D (PG) ★ (1145 220 445) 715 940
KIT KITTREDGE: AMERICAN GIRL (G) (1135 200) 430
WALL-E (G) (1115 1230 110 150 300 345 425 530) 615 705 755 845
THE INCREDIBLE HULK (PG-13) (125 410) 725 1025
SEX AND THE CITY (R) - ID REQ'D (1210 340) 655 1010
IRON MAN (PG-13) (720 1020)

Free Family Film Festival Tue & Wed 10AM

MANASSAS STADIUM 14
11380 Bulloch Drive 800-FANDANGO 490#

Adv. Tix on Sale THE MUMMY: TOMB OF THE DRAGON
EMPEROR (PG-13) ★
Adv. Tix on Sale STEP BROTHERS (R) - ID REQ'D ★
Adv. Tix on Sale X-FILES: I WANT TO BELIEVE (PG-13) ★
SPACE CHIMPS (G) (1030 100 355) 645 900
MAMMA MIA (PG-13) (1045 140 415) 715 1000
THE DARK KNIGHT (PG-13) ★ (1220 1250 120 310 340 410 440) 630 700 730 800 950 1020 1050
MEET DAVE (PG) (130 400)
HELLBOY II: THE GOLDEN ARMY (PG-13) (1140 240 540) 740 1040
JOURNEY 3-D: \$2.50 ADDED FEE FOR 3-D (PG) ★ (1015 1240 320) 630 830
HANCOCK (PG-13) (1130 200) 610 710 845 915 945
WANTED (R) - ID REQ'D (1100 220 500) 745 1030
WALL-E (G) (1230 330) 615 915
GET SMART (PG-13) (1200 250) 620
KUNG FU PANDA (PG) (1120 230 510)

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DON'T WANT NO 'SCRUB': Zach Braff, who has portrayed quirky Dr. John "J.D." Dorian for seven years, recently said he would be leaving "Scrubs" at the end of the new season, which begins in January on ABC. Braff hopes to return as a guest star.

Entertainment

'Dancing' Makes a Star

Italian pop star Elisa is on her way to big stateside success

BREAKOUT | Domenico Modugno's "Volare" may have won the first Grammy Award in 1958, but since then few Italian pop singers have broken into the U.S. market.

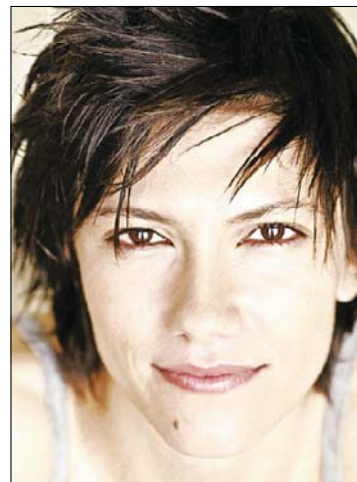
Italian indie label Sugar, however, is optimistic that pop singer Elisa's domestic superstardom will

translate stateside with the recent release of her career highlights compilation, "Dancing," licensed to Universal Music Group International and distributed in the States by Fontana.

Sugar president Filippo Sugar accepts that the United States is a tough market for Italian pop, but says the label decided to push Elisa after her song "Dancing" was featured on Fox's "So You Think You Can Dance" in June 2007.

"Elisa's catalog was already on iTunes, and that track suddenly shot up to No. 16 on their chart," he says.

Adam Katz, managing director of Tsunami Label Group at Los Angeles-based marketing company Tsunami Entertainment, which is helping promote the album, adds, "An amazing groundswell was created, even though the artist didn't yet have a [U.S.] label."



"So You Think You Can Dance" brought Elisa to an American audience.

PHOTO COURTESY UNIVERSAL MUSIC INTERNATIONAL

The track has sold more than 67,000 downloads and has shifted more than 1,000 units per week since the week ended May 18, according to Nielsen SoundScan. The song was again featured in two early episodes of the 2008 "So You Think You Can Dance" season.

Elisa — full name Elisa Toffoli — was discovered at age 16 by Sugar's Caterina Caselli, an Italian star in her own right in the 1960s who also discovered Andrea Bocelli.

Elisa has released five albums in Italy, her most successful being "Soundtrack," which was the 2006 best-selling Italian album.

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Eisenhower Ave and Telegraph Road in Alexandria
703-998-4AMC

THE IMAX EXPERIENCE

KUNG FU PANDA: THE IMAX EXPERIENCE (PG)
6:10, 9:05
SPACE STATION 3D (NR-NOT RATED) 12:35, 2:15, 4:00

DIGITAL 3D

JOURNEY TO THE CENTER OF THE EARTH (PG)
1:50, 4:25, 7:00, 9:40

THE DARK KNIGHT (PG13) ✓ 12:00, 12:30, 1:20, 2:00, 2:30, 3:00, 3:30, 4:10, 4:50, 5:30, 6:05, 6:35, 7:05, 7:40, 8:20, 9:00, 9:30, 10:00, 10:30
MAMMA MIA! (PG13) ✓ 12:15, 1:40, 3:05, 4:40, 5:50, 7:25, 8:45
SPACE CHIMPS (G) ✓ 12:50, 3:10, 5:35, 7:55, 10:15
HELLBOY II: THE GOLDEN ARMY (PG13) 12:40, 1:10, 3:35, 4:05, 6:40, 7:20, 9:50, 10:20
MEET DAVE (PG) 12:10, 2:45, 5:10, 7:45
HANCOCK (PG13) 1:00, 2:20, 3:40, 5:00, 6:20, 7:35, 9:10
WALL-E (G) 12:05, 12:45, 2:40, 3:20, 5:20, 5:55, 8:40
WANTED (R) 12:25, 3:25, 6:30, 7:50, 9:35
GET SMART (PG13) 1:30, 4:20, 7:15, 10:05
THE INCREDIBLE HULK (PG13) 4:30
SEX AND THE CITY (R) 8:05
INDIANA JONES AND THE KINGDOM OF THE CRYSTAL SKULL (PG13) 1:35, 7:30
IRON MAN (PG13) 1:45, 4:45

AMC COLUMBIA MALL 14
10300 Patuxent Parkway
703-998-4AMC

THE IMAX EXPERIENCE

KUNG FU PANDA: THE IMAX EXPERIENCE (PG)
3:00, 7:40, 10:05
SPACE STATION 3D (NR-NOT RATED) 11:30, 1:15, 5:40

DIGITAL 3D

JOURNEY TO THE CENTER OF THE EARTH (PG)
10:50, 1:10, 3:35, 6:10, 8:40

THE DARK KNIGHT (PG13) 11:00, 11:40, 12:20, 1:30, 2:30, 3:20, 4:05, 5:00, 6:15, 7:00, 7:35, 8:35, 9:45, 10:30
MAMMA MIA! (PG13) 11:10, 1:50, 4:30, 7:10, 10:00
SPACE CHIMPS (G) 12:35, 2:50, 4:55, 7:25, 9:35
HELLBOY II: THE GOLDEN ARMY (PG13) 1:25, 4:15, 7:15, 10:20
MEET DAVE (PG) 11:15, 1:35, 3:50, 6:05
HANCOCK (PG13) 12:25, 2:40, 5:05, 7:30, 9:50
WALL-E (G) 11:20, 2:00, 4:40, 7:05, 9:25
WANTED (R) 1:20, 3:55, 6:40, 9:20
GET SMART (PG13) 4:40, 6:20
THE INCREDIBLE HULK (PG13) 9:00 PM
SEX AND THE CITY (R) 9:10 PM
INDIANA JONES AND THE KINGDOM OF THE CRYSTAL SKULL (PG13) 12:55 PM

LOEWS GEORGETOWN 14
3111 K Street, N.W.
202-342-6441

DIGITAL 3D

JOURNEY TO THE CENTER OF THE EARTH (PG)
12:05, 2:10, 4:50, 7:15, 9:50

THE DARK KNIGHT (PG13) ✓ 12:10, 1:30, 2:30, 3:35, 5:00, 6:00, 7:00, 8:30, 9:30, 10:30
MAMMA MIA! (PG13) ✓ 12:15, 2:00, 3:00, 4:45, 5:50, 7:30, 8:45, 10:15
HELLBOY II: THE GOLDEN ARMY (PG13) 1:20, 4:10, 7:20, 10:10
MEET DAVE (PG) 12:20, 2:50, 5:10
HANCOCK (PG13) 12:25, 2:45, 5:20, 7:10, 8:10, 9:45, 10:30
HANCOCK (PG13) 12:25, 2:45, 5:20, 8:10, 10:30
WALL-E (G) 12:00, 1:50, 2:40, 4:30, 5:30, 7:00, 8:00, 9:35, 10:20
WANTED (R) 1:25, 4:00, 7:05, 9:55
GET SMART (PG13) 1:45, 4:20
SEX AND THE CITY (R) 7:40, 10:35

AMC SELECT

THE WACKNESS (R) 12:00, 2:20, 4:55, 10:25

AMC POTOMAC MILLS 18
2700 Potomac Mills Circle, Ste 886
703-998-4262

THE IMAX EXPERIENCE

KUNG FU PANDA: THE IMAX EXPERIENCE (PG)
3:00, 6:45, 9:15
SPACE STATION 3D (NR-NOT RATED) 1:25, 5:15

DIGITAL 3D

JOURNEY TO THE CENTER OF THE EARTH (PG)
12:25, 2:50, 5:20, 7:50, 10:10

THE DARK KNIGHT (PG13) ✓ 12:10, 12:45, 1:30, 2:00, 2:30, 3:35, 4:15, 5:00, 5:30, 6:15, 7:00, 7:45, 8:30, 9:00, 9:45, 10:15
MAMMA MIA! (PG13) ✓ 1:00, 3:50, 6:40, 9:30
MAMMA MIA! (PG13) 1:50, 4:40, 7:30, 10:20
SPACE CHIMPS (G) ✓ 12:15, 2:35, 4:55, 7:10, 9:35
HELLBOY II: THE GOLDEN ARMY (PG13) 12:40, 1:35, 3:30, 4:25, 6:30, 7:25, 9:20, 10:10
MEET DAVE (PG) 2:15, 4:45, 7:05, 9:25
HANCOCK (PG13) 12:50, 3:10, 5:35, 7:15, 8:00, 9:40, 10:20
WALL-E (G) 1:45, 2:25, 4:20, 5:05, 7:40, 10:05
WANTED (R) 2:05, 4:50, 7:35, 10:15
GET SMART (PG13) 1:40, 4:35, 7:20
THE INCREDIBLE HULK (PG13) 10:00 PM

AMC COURTHOUSE PLAZA 8
Courthouse and Birch Rd.
703-998-4AMC

SPACE CHIMPS (G) ✓ 2:20, 4:25, 6:40, 8:50

HELLBOY II: THE GOLDEN ARMY (PG13) 2:40, 4:20, 5:20, 7:00, 8:00, 9:40
GET SMART (PG13) 2:30, 5:00, 7:40, 10:10
THE HAPPENING (R) 3:00, 5:10, 7:30, 9:35
THE INCREDIBLE HULK (PG13) 2:00, 4:30, 7:10, 9:50
SEX AND THE CITY (R) 1:50, 4:50, 7:50
IRON MAN (PG13) 1:55, 4:40, 7:20, 10:00

MAGIC JOHNSON CAPITAL CENTRE 12
800 Shopper's Way, Largo
301-324-4220

THE DARK KNIGHT (PG13) 12:05, 1:30, 2:30, 3:30, 5:00, 6:15, 7:00, 8:30, 9:45, 10:15
SPACE CHIMPS (G) 1:05, 3:15, 5:20, 7:50, 10:05
HELLBOY II: THE GOLDEN ARMY (PG13) 1:15, 4:15, 7:15, 10:15
JOURNEY TO THE CENTER OF THE EARTH (PG) 12:25, 2:50, 5:25, 7:45, 10:00
MEET DAVE (PG) 12:20, 2:40, 5:10, 7:40, 10:10
HANCOCK (PG13) 12:30, 1:35, 2:45, 4:05, 5:15, 6:30, 7:30, 9:00, 10:00
WALL-E (G) 12:05, 2:25, 4:50, 7:20, 9:50
WANTED (R) 1:10, 4:10, 7:10, 10:10
KUNG FU PANDA (PG) 12:40, 3:10, 5:40, 8:10, 10:20

LOEWS SHIRLINGTON 7

2772 South Randolph
703-671-0910 801

AMC SELECT

GONZO: THE LIFE AND WORK OF DR. HUNTER S. THOMPSON (R) 2:30, 5:00, 7:30, 9:50
THE WACKNESS (R) 2:20, 4:50, 7:10, 9:20
MONGOL (R) 2:10, 4:40, 7:20, 9:50
THE FALL (R) 1:50, 4:30, 7:00, 9:30
THEN SHE FOUND ME (R) 1:30, 4:10, 7:50, 10:00
ROMAN DE GARE (R) 2:00, 4:20, 7:00, 9:10
THE VISITOR (PG13) 1:40, 3:50, 7:40, 9:55

LOEWS UPTOWN 1

3426 Connecticut Avenue N.W.
1-800-FANDANGO #713

THE DARK KNIGHT (PG13) 12:00, 3:30, 7:05, 10:45

AMC TYSONS CORNER 16
7850 Tysons Corner Center
703-998-4262

DIGITAL 3D

JOURNEY TO THE CENTER OF THE EARTH (PG)
10:40, 1:00, 3:25, 5:50, 8:15, 10:40

THE DARK KNIGHT (PG13) ✓ 10:25, 11:25, 12:35, 1:45, 2:50, 3:55, 5:00, 6:10, 7:20, 8:30, 9:40, 10:50
MAMMA MIA! (PG13) ✓ 11:05, 12:20, 1:55, 3:05, 4:35, 5:55, 7:25, 8:40, 10:05, 11:15
SPACE CHIMPS (G) ✓ 10:05, 12:30, 2:45, 4:55, 7:15, 9:30
HELLBOY II: THE GOLDEN ARMY (PG13) 12:00, 2:45, 4:10, 5:35, 7:05, 8:25, 9:55, 11:10
MEET DAVE (PG) 10:45, 1:05, 3:20, 5:40, 8:05
HANCOCK (PG13) 5:45, 8:20, 10:45
HANCOCK (PG13) 12:05, 2:20, 4:40, 7:00, 9:35
WALL-E (G) 10:50, 12:25, 1:40, 3:00, 4:15, 7:05, 9:25
WANTED (R) 11:00, 1:45, 4:30, 7:30, 10:15
GET SMART (PG13) 10:30, 1:10, 4:05, 10:00
KUNG FU PANDA (PG) 10:35, 12:55, 3:15, 5:30, 7:50
SEX AND THE CITY (R) 10:20 PM
INDIANA JONES AND THE KINGDOM OF THE CRYSTAL SKULL (PG13) 10:10 PM

AMC SELECT

KIT KITTREDGE: AN AMERICAN GIRL (G) 10:55, 1:30

AMC MAZZA GALLERIE
Jennifer and Wisconsin
202-537-9553

THE DARK KNIGHT (PG13) ✓ 12:00, 3:30, 7:00, 10:30
MAMMA MIA! (PG13) ✓ 2:00, 4:30, 7:20, 10:00
SPACE CHIMPS (G) ✓ 12:30, 2:50, 5:10, 7:30, 9:40
HELLBOY II: THE GOLDEN ARMY (PG13) 1:50, 4:40, 7:40, 10:20
HANCOCK (PG13) 12:50, 3:00, 5:20, 7:50, 10:10
WALL-E (G) 12:20, 2:40
WANTED (R) 4:20, 9:55
GET SMART (PG13) 1:40, 7:25

LOEWS RIO CINEMAS 18

9811 Washingtonian Boulevard
301-948-0906

DIGITAL 3D

JOURNEY TO THE CENTER OF THE EARTH (PG)
12:40, 3:25, 5:50, 8:15, 10:50

THE DARK KNIGHT (PG13) ✓ 12:00, 12:45, 1:30, 2:30, 3:15, 4:15, 5:00, 6:15, 7:00, 7:45, 8:30, 9:45, 10:30, 11:15
MAMMA MIA! (PG13) ✓ 12:30, 2:00, 3:30, 4:45, 5:55, 7:30, 8:40, 10:15, 11:10
SPACE CHIMPS (G) ✓ 12:05, 2:15, 4:30, 6:55, 9:10, 11:20
HELLBOY II: THE GOLDEN ARMY (PG13) 1:50, 4:35, 7:35, 10:35
HELLBOY II: THE GOLDEN ARMY (PG13) 12:50, 3:35, 6:20, 9:05
MEET DAVE (PG) 2:05, 4:25, 6:50, 9:15
HANCOCK (PG13) 1:35, 3:50, 4:55, 6:05, 7:10, 8:20, 9:30, 10:45
WALL-E (G) 12:55, 2:25, 3:45, 6:55, 9:25
WANTED (R) 1:00, 4:00, 7:15, 9:55
GET SMART (PG13) 12:15, 2:50, 5:25, 8:05, 10:40
KUNG FU PANDA (PG) 12:35, 2:55, 5:05
SEX AND THE CITY (R) 4:20, 7:40, 10:55
INDIANA JONES AND THE KINGDOM OF THE CRYSTAL SKULL (PG13) 7:25, 10:10

AMC SELECT

KIT KITTREDGE: AN AMERICAN GIRL (G) 1:55

LOEWS WHITE FLINT 5

North Bethesda
1-800-FANDANGO #741

THE DARK KNIGHT (PG13) 1:05, 4:15, 7:30
MAMMA MIA! (PG13) 1:35, 4:10, 7:15
HANCOCK (PG13) 1:15, 3:30, 5:40, 7:50
WALL-E (G) 1:10, 3:30, 5:50, 8:00
GET SMART (PG13) 1:45, 4:25, 7:10

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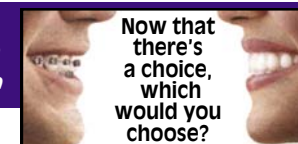
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Entertainment



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New 'Deal' Is Old Hat At NBC

The show with the suitcases goes into syndication in the fall

HOST | Howie Mandel, the models, the banker and the briefcases all will be in place when the syndicated version of "Deal or No Deal" premieres in September — along with cash for viewers and contestants.

Players on the new show won't have a shot at the top \$1 million payoff that's possible on NBC's series, but the half-hour show airing each weekday will offer a still-impressive \$500,000, the show's producer told The Associated Press.

The TV audience members will have their own chance to win and watch with a \$10,000 weekly prize up for grabs via a companion Web site or a call-in number, series producer Endemol USA said.

Mandel will continue to host the hour-long NBC show, which is entering its fourth season next month and has proven a hit. "Deal or No Deal" was NBC's most-watched entertainment program of the 2007-08 TV season, aver-

aging more than 11 million viewers per broadcast.

"My wife could not be more thrilled to have me out of the house and at work Monday through Friday," Mandel joked in a statement released by Endemol.

Based on a series that debuted in Holland in 2002 and became an international success, "Deal or No Deal" is about luck and playing the odds.

Contestants are faced with briefcases, each case with a hidden value ranging from a penny to the top prize. There are 22 cases on the syndicated show, versus 26 on the network version, and the new show's models won't have custody of the cases.

As the game progresses and

The half-hour show ... will offer a still-impressive \$500,000.

briefcases are eliminated, a contestant weighs the chance of snaring a big prize against lesser but still tempting offers made by the show's "bank," represented by an anonymous, silhouetted figure.

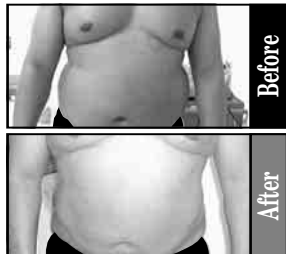
The show, from NBC Universal Domestic Television Distribution and Endemol USA, debuts Sept. 8.

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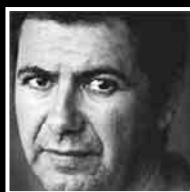
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KIDS THINK OF THE DARNDDEST THINGS: "South Park" fans, rejoice! This Sunday, "South Park: Imaginationland" will premiere on Comedy Central at 10 p.m. The feature-length director's cut features unaired footage created especially for the movie.

Television

ON TV TONIGHT

NEEDY BOY

Ben gets clingy on **THE SECRET LIFE OF AN AMERICAN TEENAGER** (8 p.m., Family).

JERRY! WEEPY! JERRY!

Even Jerry Springer got misty on last Tuesday's three-hanky edition of **AMERICA'S GOT TALENT** (9 p.m., NBC).

HONEY, YOU HAVE TO TRY THIS

A husband-and-wife team looks for the best regional cuisine on **ROAD TESTED WITH THE NEELYS** (9:30 p.m., Food).

QUEER EYE FOR THE LADIES

More about attitude adjustment than weight loss or radical exercise, the series **HOW TO LOOK GOOD NAKED** (10 p.m., Lifetime) enters its second season. Carson Kressley takes on a generous and supportive role.

MYSTERIOUS PRINCESS

EXPLORER: FINDING ANASTASIA (10 p.m., National Geographic) employs "CSI"-type technology to solve one of the great mysteries of the 20th century. Ninety summers ago, on July 17, 1918,



WORK IT, GIRL: Kressley ups self-confidence on "How to Look Good Naked."

Bolshevik revolutionaries executed the Russian czar and his family. But in the years that followed, rumors spread that his daughter, Anastasia, may have escaped. **KEVIN MCDONOUGH** (UNITED FEATURE SYNDICATE)

He's Trying to Stop the Fire

Entrepreneur Sun works to extinguish rainforest flames

ACTIVIST | The problem of global warming receives a lot of attention. On tonight's "Wide Angle" (9 p.m., PBS) presentation, "Burning Season," one businessman thinks he has a solution.

"Burning" focuses on Indonesia, where areas of rain forest as large as 300 soccer fields vanish every hour — burned down to raise cash crops like palm oil. Australian entrepreneur Dorjee Sun believes he can stop this if he can convince enough financiers of his scheme for selling something called carbon credits.

"Burning" follows Sun from one corporate boardroom to another



FELICITY BLAKE

OCCUPATIONAL HAZARD: An Indonesian farmer, Achmadi, burns rain forest to make room for a palm oil crop. Indonesia is the world's third largest carbon dioxide emitter.

and documents his dealings with local politicians in the Indonesian jungle, where the pressure to make

a quick buck often trumps environmental concerns. **KEVIN MCDONOUGH** (UNITED FEATURES/UNION) (UNITED FEATURES/UNION)

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Frankie Lymon's "Legendary" Teenagers
WHY DO FOOLS FALL IN LOVE

Barbara Harris & The Toys
LOVER'S CONCERTO

The Duprees
YOU BELONG TO ME and HAVE YOU HEARD

Jimmy Beaumont and The Skyliners
SINCE I DON'T HAVE YOU

Kenny Vance and The Planotones
LOOKING FOR AN ECHO

Terry Johnson's Flamingos
I ONLY HAVE EYES FOR YOU

The 3rd Edition-Acapella Performers

Vito Picone and The Elegants
LITTLE STAR

Sammy Sax and the MD's
The Top Oldies Band in the Country
featuring Leslie Anderson, lead singer of Cleveland Still
and The Dubs and introducing Ms. Denise Sergi

For More Information, visit
<http://lombardi.georgetown.edu>
or call (202) 687-3866



WeekendPass makes the weekend historic.

Every Thursday in Express.



express
A publication of The Washington Post

XX1436C 2x5

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Lung and Blood Institute
People Science Health

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Se habla español

TTY: 1-866-411-1010

Compensation will be provided.

National Institutes of Health, Department of Health and Human Services

Parents of teens!

Is your daughter's eating out of control? Is she gaining too much weight?

Consider participating in a study at the Uniformed Services University of the Health Sciences (USUHS)/National Institutes of Health (NIH).

- **WHAT:** To test how effective group therapy is in the prevention of excess weight gain.
- **WHO:** Girls aged 12-17 years who are above average weight and report loss of control eating.
- **WHERE:** USUHS and the NIH Clinical Center in Bethesda, MD, just outside of Washington, DC.

Individuals who qualify to participate in this study will be compensated for their time.

Please call for more information: 1-800-411-1222

A quick read on the day's news.

Be sure to grab your copy of Express at the bright yellow news racks around town.

And don't miss our weekly special sections

FIT - Exercise tips, workout apparel and gear, recipes and more. *Tuesdays.*

Weekend Pass - Weekend concerts, movies, events, and more. *Thursdays.*

Weekend Styles - Stylish stuff for your wardrobe, your parties and your home. *Fridays.*



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Bally Total Fitness

XX305 2x7

"Dear Manolo"

Shoe blogger answers questions!

Weekend Styles.
Every Friday



express

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www.readexpress.com

XX363 1x12

LOOK out

*TRENDS, CULTURE, DISCOVERIES, IDEAS, PEOPLE

INSIDE

Winehouse's
hubby stays
in jail | **34**



Blog Log: Infants, Redskins, dresses | **32**

Discussion: More on Chandra Levy | **32**

Food

Sugar lovers satisfy cravings by downing tiny shots of frosting

Think you can handle a shot of the hard stuff? Better saddle up to the bar with your toothbrush.

The bake shop boom that has fueled the oh-so-retro love affair with cupcakes has spawned a new — albeit micro — trend that has Saturday night hipsters doing a new style of shot that won't burn your gullet like 150 proof.

Frosting shots.

And yes, it's exactly what you think it is. At a handful of cup-

“You'd think it was like an ice cream cone. I see fingers getting involved.”

JENN EVANS, SPRINKLES CUPCAKES

cake storefronts across the country, the frosting shot has emerged as a pick-me-up for urbanites and college students.

The gist is generally the same bakery to bakery: For a small fee, customers get a dollop of their favorite frosting in a paper or plastic cup, about the size of a frozen yogurt sample.

While some bakeries keep the frosting shot a strictly must-ask-for item, several cupcake shops have made it an official menu offering.

“It's kind of the cut-to-the-chase evolution of cupcakes,” says Tanya Steel, editor in chief of foodie Web site Epicurious.com. “I can imagine it being at parties. It's a great thing to have at an office party. It provides just a little bite of sweetness and yumminess without going

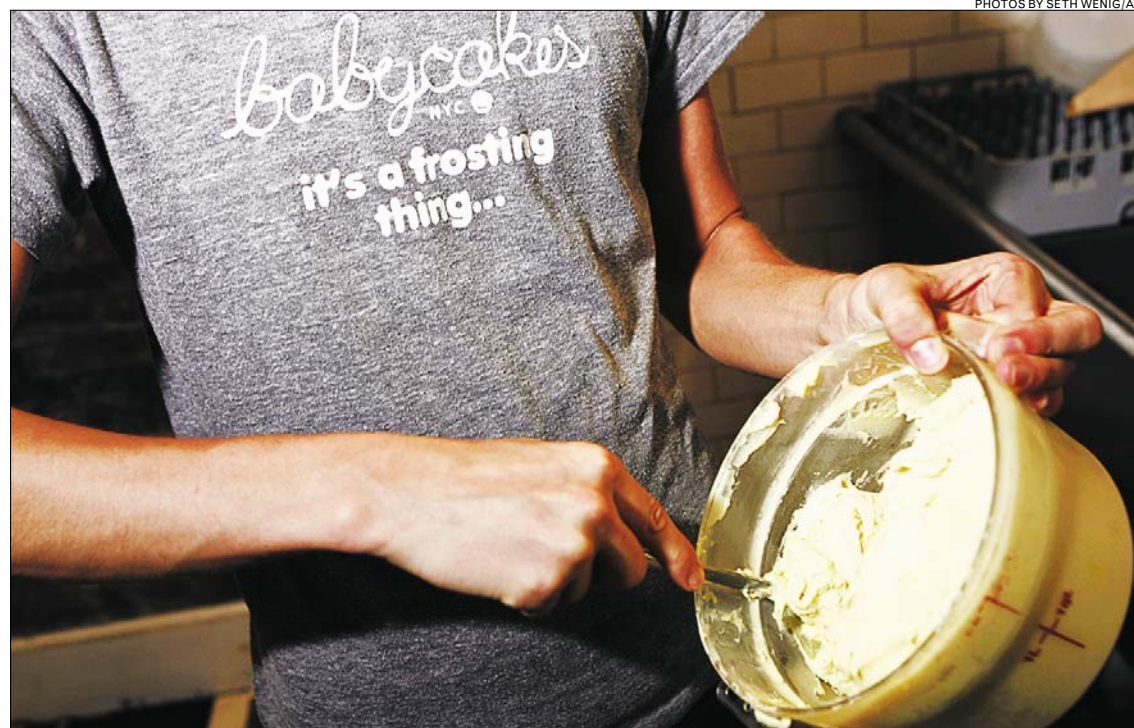
whole hog.”

While some parents enjoy being able to buy just buttercream for finicky kids, bakers are finding it's mostly the grown-ups who want to have their frosting and eat it, too.

At Sprinkles Cupcakes in Scottsdale, Ariz., the store sells at least a dozen shots daily.

Some fans of the shot are customers who want extra frosting with their cake, says general manager Jenn Evans. Others forgo the provided wooden spoon and squeeze down the entire 75-cent shot.

“You'd think it was like an ice cream cone,” Evans says. “I see fingers getting involved. But there's no shame. We don't judge here at Sprinkles.”



ICING WITHOUT THE CAKE: A man mixes frosting at New York's BabyCakes bakery, where customers can buy frosting shots.

Short and Sweet

Ilyse Levitt, 38, of Las Vegas says adding a frosting shot to an order is customary for her and her friends whenever they visit Sprinkles' Beverly Hills, Calif., location.

“You order the cupcake, but you really want the frosting,” Levitt says while gobbling a shot of vanilla frosting. “It brings you back to when you used to lick the container or whatever your mom made it in.”

That's the kind of appetite the bakery chain had hoped to tap.

“It's really about developing frosting for the person who can't keep their hand out of the frosting bowl,” says Sprinkles co-founder Candace Nelson. “Some people are so focused on the frosting, they'll walk out with 10 different frostings of all different flavors.”

The frosting shot seems like an inevitable arc in the trajectory of the cupcake industry. It's not the kind of food concoction that can be traced back to one person or party, Steel says.



Several bakeries and cupcake shops have added shots of frosting to their menus.

“This is like a classic food trend. A lot of people are thinking of the same thing at the same time, which is really how most food things start,” she says. “We're not talking molecular gastronomy. It's kind of reducing down to the basic element of what a cupcake is.”

For many bakers, the idea came out of a random conversation, usually with a frosting fanatic.

Erin McKenna, owner of BabyCakes NYC in Manhattan — which offers vegan cupcakes — first tested her desserts while working at Mario Batali's trattoria, Lupa. There, a customer suggested making extra frosting as shots. She had no idea a little bit of frosting would go a very long way.

“It really became a big thing. I tried to stop offering them,” McKenna says. “But I would see people on the street and they'd be, like, ‘Where are the frosting shots?’ They would get on my case about that.”

TERRY TANG (AP)

LOOK out Online

express
nightout

>> EXPRESSNIGHTOUT.COM



Get in on Express Night Out

IF YOU'VE VISITED our Web site in the past few days, you've probably noticed some big changes. If you haven't dropped by lately, we'd like to invite you to come check it out.

We've revamped the site with a crisper design, cleaner navigation and, most important, a new name — ExpressNightOut.com — to reflect its clearer focus on D.C.-area life and entertainment.

Our newest feature is The Scene, a searchable listings database that draws on resources from Express, The Washington Post and washingtonpost.com to give you quick, easy access to the shows, clubs, movies, bars and restaurants you're looking for.

Want to make a night of it? Find out what's nearby with our map-based Metro Links search feature, which has also been refreshed with a speedier interface.

If you're open to suggestions for what to do after work, we've got you covered. Our Karmah Elmusa and Fiona Zublin will serve up an array of options each day in our Top Stops

blog — just look for Top Stops posts on our home page or click on the Top Stops section under the Blogs tab.

You can dive deeper into the world of music with Christopher Porter, who features videos, reviews and free downloads on his blog, Sound Bets. And be sure to catch up with our other bloggers, too, including Dr. Andrea Bonior, whose Baggage Check column posts on Tuesdays and Wednesdays.

Along with all of this will be stories and blog posts on topics ranging from indie music to pop culture, including original reporting from Express' Weekend Pass, Styles, Fit and People sections.

The new site is just a start. Keep an eye out for new features both online and in Express itself that we hope you'll find valuable when planning how to spend your free time.

Please take a minute to visit ExpressNightOut.com and take the site for a test drive — we think you'll like it. And if you have a sec, let us know what you think of it by e-mailing us at inbox@readexpress.com.

poll center YESTERDAY'S RESULTS AS OF 5 P.M.

WILL THE REDSKINS DO BETTER UNDER JIM ZORN THAN THEY DID IN THE SECOND GIBBS ERA?

YES 51%

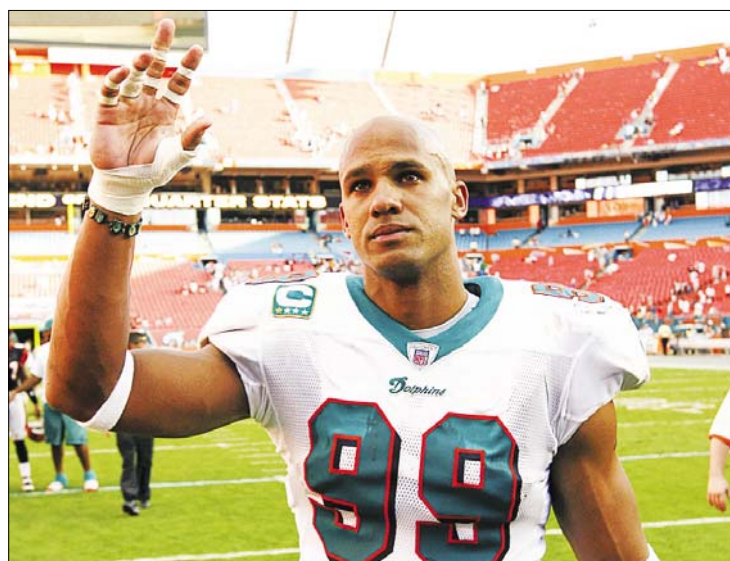
NO 49%

SEE HOW YOUR METRO STATION VOTED AT EXPRESSNIGHTOUT.COM/POLLCENTER

Blog LOG

"We're moving decidedly toward much greater government control over the financial system. The very idea of free markets took a big hit last week."

REDSTATE.COM GIVES TREASURY SECRETARY HENRY PAULSON PLAUDITS FOR STABILIZING THE SITUATION WITH THE NEAR-COLLAPSES OF FANNIE MAE AND FREDDIE MAC.



"That's right: The player who the Tuna ragged on for caring more about dancing than football is now a Washington Redskin."

DCSPORTSPULSE.COM DOESN'T KNOW WHETHER JASON TAYLOR HAS HIS HEART IN FOOTBALL BUT LAUDS THE TRADE, ADDING, "MUCHO PROPS TO [VINNY] CERRATO FOR MAKING THIS HAPPEN."



"THE MATERIAL CLINGS to me in unflattering ways, but I insist on showing each one, even the ones I can't zip up, to my husband, who is a master of minimalist facial expressions that get the point across, no matter how many times the saleslady coos, 'That looks fabulous on you!'"

LACOCCHRAN.BLOGSPOT.COM FIGURED OUT THAT SHOPPING FOR A WEDDING DRESS ON A ROUGHLY 100-DEGREE SATURDAY PROBABLY WASN'T THE BEST IDEA.

"I have always wondered what would happen if I did fall or slip holding her, and now I know. It was instinct — do not let go, do not let go, do not let go. I still feel so guilty, though, for having come so close."

KINGSOFTHEROAD.ORG AVOIDED DISASTER AFTER A FALL ON THE STAIRS WITH HER BABY.

Discussions

Chandra Levy

Investigative editor **JEFF LEEN** was online Monday to discuss The Post's multipart narrative investigation of the death of Chandra Levy.

Why this story? It seemed that the whole Chandra scandal was really, really old news. Did you get a hot tip? Do I need to wait until the end to find out? What made you decide this story was ripe for a revisit?

We have a continuing interest in investigating various aspects of the D.C. police department. We looked at police shootings in 1999 and unsolved homicide investigations in 2000. We had been hearing increasingly in the last year that the D.C. police made critical mistakes throughout the highly



The Washington Post is now running a 12-part series on Levy's 2001 death.

visible Chandra Levy case.

Why did you decide to do this story in serial format? I'll be honest: I find it very hard to wait each day for the new revelations.

We felt the material was rich enough to lend itself to a serial narrative treatment, which has been done successfully in other newspapers but rarely in The Post. People can either

read it as it unfolds or wait until the end and read it in one sitting.

Why didn't the Post interview these people seven years ago? Maybe you could have solved this instead of blaming the brave MPD officers who are just trying to excel.

Two of us, Sari and Sylvia, did interview several of these people at the time and tried to interview more. But during the height of the media frenzy over this case, most people did not want to talk to the press. The passage of time makes that easier, and more people were willing to come forward and speak publicly for the first time in the hopes of solving this case.

TODAY ON DISCUSSIONS: Acclaimed actress Debra Winger discusses her book, "Undiscovered," in which she reflects on her relationships, at noon. | washingtonpost.com/discussions.

Bizarro | Dan Piraro



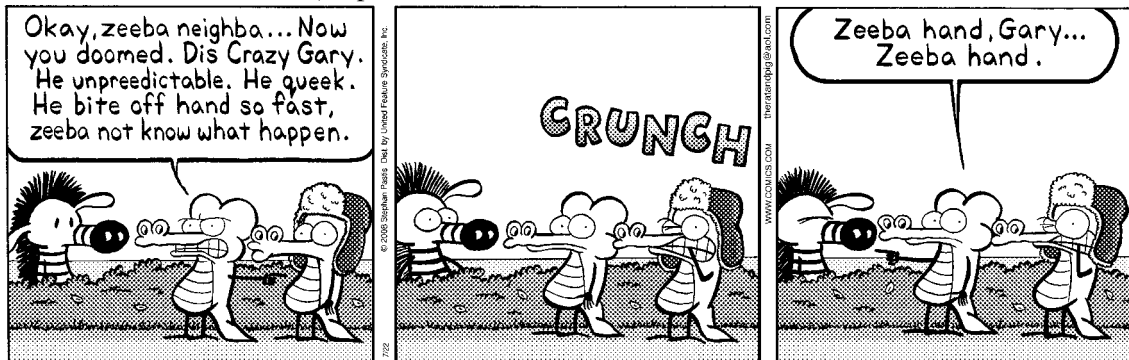
Cornered | Mike Baldwin



Pooch Cafe | Paul Gilligan



Pearls Before Swine | Stephan Pastis



The Duplex | Glenn McCoy



Horoscope

By Stella Wilder

CANCER (June 21-July 22) You may encounter some personal danger before the day is out, but you can protect yourself by leaning heavily on your recent experience.

LEO (July 23-Aug. 22) You'll realize that your dream is something far more real and possible than you had ever expected.

VIRGO (Aug. 23-Sept. 22) A positive response to someone who is simply trying to get a rise out of you will certainly defuse any increasingly volatile situation.

LIBRA (Sept. 23-Oct. 22) Boredom needn't be a factor. All you may need is a little more commitment in just the right places.

SCORPIO (Oct. 23-Nov. 21) It's a good day to focus on the reasons for your actions; soon you can try to change them, provided you are both objective and honest.

SAGITTARIUS (Nov. 22-Dec. 21) It's important that you let someone younger and/or less experienced than you are take the

reins for a while.

CAPRICORN (Dec. 22-Jan. 19) The mental and emotional is far more important to you than the physical.

AQUARIUS (Jan. 20-Feb. 18) You may have to turn your high-powered capacity for honest criticism inward, focusing on those aspects of yourself you may want to change.

PISCES (Feb. 19-March 20) You won't be satisfied with anything that is simply good enough. Insist that everyone around you work to achieve something memorable.

ARIES (March 21-April 19) Don't pretend you know all the answers. You're going to have to put yourself in a more subservient position before you can break free.

TAURUS (April 20-May 20) Someone close to you is likely to offer some food for thought — and you may come to a few surprising conclusions that involve some change.

GEMINI (May 21-June 20) Someone you know may find himself or herself in a compromising position, but you have the key to a permanent solution to this recurring problem.

Letters

Use Title for Both Senators

CAN YOU TELL ME why you seem intent on dropping Barack Obama's title when referring to him in your articles? In Monday's Express, you referred to Barack Obama twice without his senator title and John McCain once with and once without his title. Just to be sure, I scanned the random issues of Express that

I have scattered about my office. I had to go all the way back to July 16 before I found Obama referred to with his full title. I believe they both earned the right to be called senator at all times.

—JENNIFER GRIZZARD EKZARHOV
Silver Spring, Md.

Correction:

An article in Monday's Express incorrectly stated that 31 people were killed in the April 16, 2007, shootings at Virginia Tech. Thirty-three people, including the gunman, were killed.

WRITE TO EXPRESS: Include name, hometown and telephone number. Submissions may be edited. E-mail to inbox@readexpress.com or mail to Express Letters, PO Box 17370, Arlington, VA 22216.

Today in History

1933 American aviator Wiley Post completes the first solo flight around the world.

1937 The Senate rejects President Roosevelt's proposal to add more justices to the Supreme Court.

1943 American forces led by George S. Patton capture Palermo, Sicily, during World War II.

1946 Jewish extremists blow up a wing of the King David



Qusai Hussein, right, was killed in 2003.

Hotel in Jerusalem, killing 90 people.

2003 Saddam Hussein's sons Uday and Qusai are killed in Mosul, Iraq.

LOOK out

People



"Parlez vous français? YEAH!"

SPEECH Singer Learns a Few Words Phonetically, Crowd Cheers

PAUL MCCARTNEY churned out a Beatles-laden song list to a pumped-up crowd gathered Sunday for a free concert as part of Quebec City's 400th anniversary celebration. "C'est ma premiere visite a Quebec, and it's a great place," McCartney said, saying it was his first time there and inciting a roar from fans. (AP)

CHARITY Actor Hires Stunt Double



BILL MURRAY has agreed to parachute from a plane as part of a special appearance at the Chicago Air and Water Show next month. A spokeswoman for the Mayor's Office of Special Events says the actor is jumping on behalf of USO of Illinois. (AP)



AMY WINEHOUSE

Still a Jail Bride

Amy Winehouse's husband was sentenced Monday to 27 months in jail for assault and obstructing justice. **BLAKE FIELDER-CIVIL**, above, has admitted to beating up pub manager James King in a barroom fight in 2006 and then offering him \$400,000 to keep quiet about it. Judge David Radford told Fielder-Civil he had behaved in a "gratuitous, cowardly and disgraceful" way. (AP)



WOES Easier to Explain Than Getting Pregnant

SCOTT MICHAEL FOSTER, star of ABC Family's "Greek," has been released on \$5,000 bail following his arrest in Hollywood for misdemeanor drunken driving. Police say the 23-year-old Foster, who plays Kappa Tau president Cappie on "Greek," was arrest-

Male teens on TV have a shorter fall.

ed at 12:20 a.m. Monday. Los Angeles police Officer Sara Faden says Foster was arrested at the corner of Sunset Boulevard and Cherokee Street in Hollywood. The circumstances of the arrest were not immediately available. He's due back in court Aug. 11. (AP)

CRITICS 'At the Movies With Nobody Whose Name You'll Know'

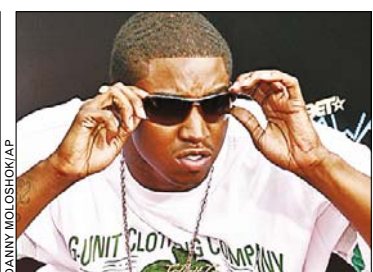
Chicago Sun-Times film critic **ROGER EBERT** says he's cutting ties with the television show that he and the late Gene Siskel made famous. His announcement came a day after Chicago Sun-Times columnist Richard



Roeper said he was leaving "At the Movies With Ebert & Roeper." Ebert has been sidelined the last two years because of health issues that have robbed him of his voice. (AP)

WORDS 'Lil' Is Sick of Being a Prefix

Atlanta rapper **LIL SCRAPPY** is out of jail after being arrested following a fight with his sister's boyfriend. The rapper, 24, was charged with felony marijuana possession, felony use of a weapon during a crime, misdemeanor obstruction of police officers and misdemeanor battery. (AP)

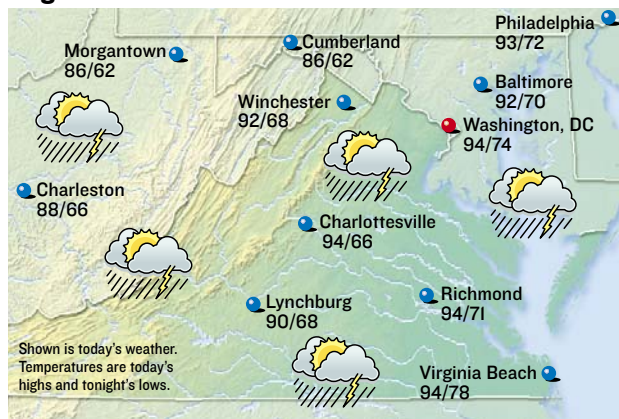


"Lil" feels cheap and overused — and is.

5 Day Forecast for the Washington Area

Today	Tonight	Wednesday	Thursday	Friday	Saturday
An afternoon thunderstorm	Partly cloudy, t-storms; humid	Mostly cloudy, a t-storm or two	Clouds and sun, a t-storm possible	Mostly sunny, pleasant	Partly sunny
94°	74°	85° / 72°	84° / 70°	89° / 70°	88° / 71°

Regional Weather



Forecasts and graphics provided by AccuWeather, Inc. ©2008

Almanac

Washington, D.C., through 4 p.m. Mon.

Temperature

High	95°
Low	75°
Normal high	89°
Normal low	71°
Average humidity	51%

Precipitation

24 hours ending 4 p.m.	Trace
Month to date	1.51"
Normal month to date	2.47"
Year to date	30.23"
Last year to date	16.50"
Normal year to date	21.74"

For up-to-the-minute weather, see: washingtontimes.com/weather

Regional Forecast

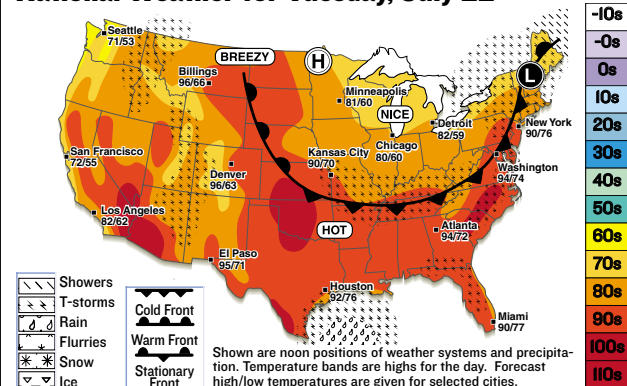
D.C. Metro: Today, partly sunny, hot, humid, a thunderstorm. High 94. Wind south 6-12 mph. Tonight, partly cloudy, a thunderstorm. Low 74.

Sun and Moon

Sunrise today	6:01 a.m.
Sunset tonight	8:28 p.m.
Moonrise today	10:41 p.m.
Moonset today	10:19 a.m.

Last	New	First	Full
July 25	Aug 1	Aug 8	Aug 16

National Weather for Tuesday, July 22



National Cities

City	Today	Wed.
Atlanta	94/72/t	85/69/t
Boston	86/70/t	83/69/t
Chicago	80/60/pc	78/58/pc
Dallas	98/76/s	95/77/s
Denver	96/63/pc	92/63/t
Honolulu	89/77/pc	89/77/pc
Los Angeles	82/62/pc	82/64/pc
Miami	90/77/t	88/78/t
New York City	90/76/pc	88/73/t
Orlando	90/72/t	89/74/t
Seattle	71/53/pc	73/53/pc

World Cities

City	Today	Wed.
Amsterdam	68/54/pc	70/55/c
Athens	95/75/s	90/68/s
Berlin	73/51/pc	81/59/pc
Buenos Aires	54/41/r	54/41/pc
Calgary	70/49/t	66/48/c
Dublin	70/54/pc	72/55/pc
Geneva	70/50/pc	77/51/s
Moscow	82/60/pc	84/58/pc
Rome	84/66/pc	82/66/pc
Sydney	57/46/s	57/48/s
Tokyo	85/77/pc	89/77/pc

s-sunny, pc-partly cloudy, c-cloudy, sh-showers, t-thunderstorms, r-rain, sf-snow flurries, sn-snow, i-ice.

LOOK out

CROSSWORD | FRIENDS OF MAN

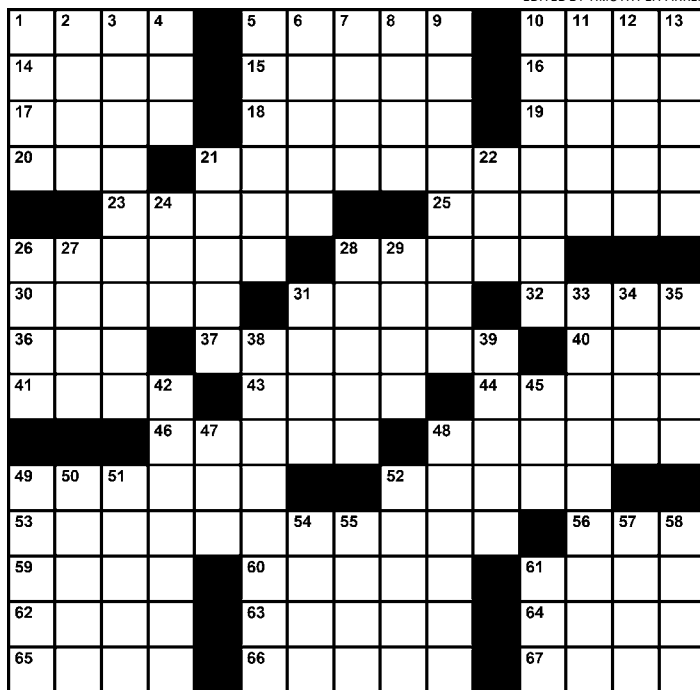
ACROSS

188, for one
5 Swedish cruisers
10 Cooking instruction
14 Push-button alternative
15 Tutu fabric
16 Ms. Bancroft
17 Hard to hold on to
18 Catchword creator
19 Brazilian sports hero
20 Substance partner
21 Silky-coated hunter
23 Positive trait
25 Numbskulls
26 Attar source
28 Vagrants
30 Remark to the audience
31 Where workers may do the daily grind?
32 Crusoe's favorite letters?
36 "Love ____ Battlefield" (Benatar hit)
37 Droopy-eared dog
40 Genetic factor
41 Summoned the butler
43 Brahms' " ____ Rhapsody"
44 Change, as a contract
46 Gambling stakes
48 Coronary procedure
49 Anti- witchcraft charm
52 Top of a wave
53 Breed developed in England

56 Salon options
59 Noted Italian name
60 "The Bostonians" star Christopher
61 Have the gumption
62 Greenhorn (Var.)
63 Made an appointment?
64 Victim of Pizarro
65 Sweep with binoculars
66 One-armed bandits
67 Prickly item

DOWN

1 Poetic paeans
2 Place
3 Disney critter
4 Like a footsie player
5 Oddballs draw them
6 Take without getting credit
7 Charitable contributions
8 Uninteresting
9 Down-to-earth
10 Certain evangelical Protestant
11 ____ a customer
12 Estuary
13 Malicious looks
21 Man and Pines
22 Tokyo of yore
24 Down in the dumps
26 One and the other
27 Italian pronoun
28 Stumped solvers' requests
29 Eclectic mix
31 Chauvinistic one, stereotypically
33 Scooby-Doo, for one



EDITED BY TIMOTHY E. PARKER

34 Stops along the way?

35 The Macarena and such

38 Paisley and plaid, e.g.

39 Cold-weather-wear unit

42 Large 15th-century sailing vessel

45 Army cops

47 Rim attachment

48 Several are in this puzzle

49 Whistles at the

sight of the police, e.g.

50 Work done to scale

51 Part of UHF

52 Musk source

54 Word with

"world" or "McCoy"

55 San ____ (Riviera resort)

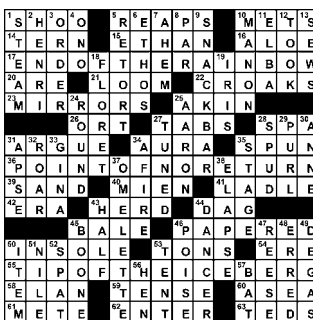
57 Sea World

performer

58 Brand

61 Brief swim

Yesterday's Solution



SUDOKU | MEDIUM

Fill in the boxes so each row, column and 3-by-3 square includes the digits 1 through 9. See www.sudoku.com for solution, tips and computer program.

Need more Su[doku]?

Find another Sudoku puzzle in the Comics section of the Post every Sunday and in the Style section Monday through Saturday.

Yesterday's Solution

6	9	2	3	8	1	5	4	7
8	3	1	4	7	5	9	2	6
5	7	4	6	9	2	1	3	8
9	8	7	5	4	3	6	1	2
1	5	6	9	2	8	3	7	4
4	2	3	7	1	6	8	9	5
2	6	9	8	3	4	7	5	1
7	4	5	1	6	9	2	8	3
3	1	8	2	5	7	4	6	9

		1	4	8			2	
				6				
6	3				5	6		8
				1			5	
7		6	3					
3	9					1	7	
			8					
1			2	7	4			

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express

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Are you depressed?

Have you suffered from most of the following in the past month?


- ☐ Sadness
- ☐ Lack of motivation
- ☐ Negative thinking
- ☐ Sleep Problems
- ☐ Appetite or weight changes
- ☐ Lack of concentration
- ☐ Feelings of anger or guilt

For information, call 202-994-2273
www.researchGW.com

If you are between the ages of 18 and 75, you may qualify to participate in an investigational research study for depression.

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Earn Money and Support Democracy!!

The DC Board of Elections and Ethics is looking for Pollworkers and Precinct Technicians to work at voting precincts throughout Washington, DC for the September 9, 2008 Primary Election. Workers are needed especially in Wards 1, 2, and 3. Any D.C. resident who is a registered voter can apply to qualify as a Pollworker. Training is required and will be provided in July and August.

Workers will work on Monday, September 8, for 2 - 3 hours for polling place set-up at their precinct. On Election Day, Pollworkers can choose among three shifts: A Full shift (6:00 AM - approximately 9:30 PM); A Morning shift (6:00 AM - 2:30 PM); and A Night shift (2:00 PM to approximately 9:30 PM).

Team Members are paid a stipend based on their position held at the precinct. The rates of compensation for all workers are: Captain - \$160.00; Captain Trainee - \$140.00; Technician - \$140.00; Other Team Members - \$120.00. Those persons who work a split shift will receive half of the stipend for their position.

Persons interested in becoming Pollworkers can visit the Board's web site at www.dcboee.org to complete the online application; can call 727-2525 (TDD: 639-8916); or can come to the Board's main office at 441 4th Street, NW, Suite 250. The office is convenient to the Judiciary Square metro stop on the Red Line.

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Don't forget room in that bag for first-aid kit necessities **E7**

Swap pedaling for popcorn the next time you watch a movie

E5



Reasons to cover yourself in yogurt and acai juice **E6**



Theory of Revolution

HOW HOOP DANCING CAN TONE YOUR MUSCLES, RAISE YOUR HEART RATE AND LIFT YOUR SPIRITS **E4**

BaggageCheck

GOT ISSUES? DR. ANDREA BONIOR WILL HELP YOU SORT THEM OUT



My Fear of Her Flying

Q I've been dating a woman I met in graduate school for almost a year. She returned to her home country to work, and the distance thing has worked out very well. The "but": Her career has taken off. While I am proud, I'm grappling with anxiety. Her job puts her in close contact with wealthy, powerful men. I trust her — I just don't trust them. Another part of me wonders whether perhaps I am a bit old-fashioned and would prefer a woman with a lower-profile career. I'm sure these anxieties are indicative of a whole host of insecurities, and maybe even a sprinkling of jealousy on my part (I feel a bit stagnant at my current job and am ready to graduate and move on). Any suggestions? — ANXIOUS



ERIC REECE

You talk a good game about being concerned about the behavior of those slick men in power suits. But by your own account, your girlfriend is quite savvy, and it is doubtful that anything short of criminal activity would make her a victim.

More interesting is the elephant in the room: your insecurities about how high her profile has become. ("A Star Is Born," anyone?) Indeed, this might be the result of your current career malaise, or a temporary sticking point that fades

as you fall deeper into love and commitment, or something that always needles you and ends up stressing the relationship to the breaking point.

Lacking a crystal ball, your best option is to continue to be honest with yourself and with her about your feelings as you both grow. You have a big advantage in that you appear to have a lot of insight into your emotions, and the more you air them and explore them, the more they will guide you.

In the meantime, reduce the anxiety-feeders: Continue to make personal goals for your own occupational and social fulfillment, keeping you nourished while she's gone, and making sure you're not sabotaging your own interests to be closer to her. I'd love to have an easy prescription for you, but the best antidote for this, like with many relationship anxieties, is time and talking — with her, with friends, with family and, if people start putting plates over their ears, with a good therapist.

Mom Want Baby NOW

Q My mom has babies on the brain. She had me in her 20s and is assuming, since I am in that age range, I will grant her wish. Not happening. I want to wait till my 30s or 40s at least. How do I tell my mom that she is scaring me with all this baby talk?

— BABIES ON THE BRAIN

"Mom, you're scaring me with all this baby talk" is actually a nice start. Gentle but firmly direct is good; passive-aggressive, overly polite or sarcastic is not. The hardest part will be to be consistent: once you've said your piece, stick to it — and change the subject any time she gets near the onesies.

@ Send your mental health and emotional wellness questions to Andrea Bonior, Ph.D., at baggage@readexpress.com. This column is not a substitute for one-on-one care.



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BOO-BOO BLANKIE

The Oopdoo Hug (\$22-\$25, Oopdoohug.com) is a bit of a mixed metaphor. We don't usually associate hugs with Band-Aids, though both symbolize comfort and solace. This 3-foot-long fleece "bandage"—it's not sticky and not for wounds—comes in 19 colors and patterns; the center pocket can hold hot/cold packs or perhaps get-well gifts.

**CUTTING EDGE**

Nothing in your shower looks as sleek as the Eos Ultra Moisturizing Shave Cream (\$5.50, drugstores) container. And the stuff inside the bottle—a thick cream enriched with aloe and oats, and lightly scented (like vanilla, the beach or a berry smoothie)—certainly allows for a close, nick-free experience.

**TASTY FREEZE**

Meet Starbucks' new Vivanno Nourishing Blends (\$3.75) in chocolate-banana and orange-mango-banana. They pack an absurd amount of protein (21 g and 17 g, respectively), but only 250 to 270 calories. And though they taste a wee grainy, they could pass for dessert.

**YOGA ON THE RUN**

Christine Felstead could run for hours but couldn't bend down to tie her shoelaces. So, she found yoga. Now, with "Yoga for Runners" (\$30, Yogaforrunners.com), she's sharing hip openers and hamstring stretches with her fleet-footed compatriots. Newbies will dig the detailed instructions but might have trouble with the lengthy holds.

**GUINEA PIG****Potion No. Nein**

■ If you believe the fine print boasting on its packaging, pheromone-enhanced **TEN BY INTENSE** body lotion should leave its wearer irresistible to, well, just about anyone.

"Pheromones," the tube helpfully informs us, "are known to create sexual attractions between individuals." And Ten's two scoops of sexy are supposed to give the wearer "a boost of self-confidence and a secret weapon to attract others." All for just \$30! (Buy it at Undergear.com.) Take that, self-help industry!

So it was with a twinge of excitement, coupled with a sensation of dread, that we slathered some on—watch out, that goop flies out fast—and bravely stepped out into the world.

And that's where our heightened expectations met cold reality. Our boosted self-confidence began to ebb when, predictably, we weren't mobbed by attractive people lured to our side by Ten's pleasing baby formula-meets-cotton candy scent.

The only unusual attention we received was from a tourist dude in a Gilligan hat on the Metro who kept elbowing us in the side as he read his newspaper, and a creepy guy at Safeway whose focused gaze bored into our soul. Which, at least for a moment, made us wish we didn't smell so nice.

GREG BARBER (EXPRESS)



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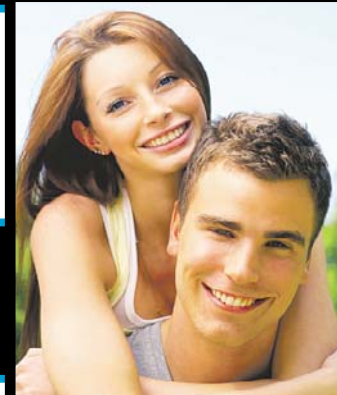
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THE MISFITS

Don't Do Squat?

Q Can you suggest weight resistance exercises that will work my legs and butt but won't stress my knees? I'm 44, and my knees just can't handle squats and lunges anymore. I do cardio three to four times per week and weight training three days per week. — LISA

■ You might want to swear whenever you squat, but it's not quite time to swear off squats, advises Michael Lin, co-founder of Verve Health & Fitness in Arlington. After all, the squat is a movement most people need to perform in daily life — and even to use the bathroom, in certain foreign countries.

"It's a matter of making sure the weight is on your heels, not your toes, and that spinal alignment is straight," he says. "The better you understand that, the more comfortable your knees will stay." To keep your training knee-friendly, he suggests you lean against a Swiss ball pushed to the wall and then slide down it as you sink.

But, certainly, there are tons of other exercises for your lower body that won't aggravate your joints. How about leg swings or lifts to the front, side and back? You can do them on a multi-hip machine or with ankle weights; even just the weight of your leg can be exhausting with enough reps.

As long as you're not having shoulder woes, too, Lin recommends side plank leg lifts. Prop yourself on one side with your bent elbow and knee, and then raise the other leg, which should be straight to get the most benefit. Advanced exercisers can kick it up one more notch by switching out their knee for their foot and their elbow for their hand.

Or, for a serious burn, try taking a circular resistance band (or just tie a regular one into a small loop) and slipping it around your ankles. Then start shuffling in every which way to feel the burn in your inner and outer thighs and glutes.

@ Vicky Hallett is one of the MisFits, the fitness team for The Washington Post's Health section. Find more of her answers to reader questions on page F3 of The Post every other Tuesday, alternating with personal training insights from her gym buddy, Howard Schneider. Contact the MisFits at misfits@washpost.com.



To Rayna McInturf, waist hooping is a gateway to all kinds of variations. For starters, try circling the hoop around your hips.

The Spin Doctor Is In

Hoop it up like you did as a kid, but with more complex moves

To Rayna McInturf, power points aren't boring boardroom presentations. They're what she calls the spots on her body that keep her favorite circular prop in orbit. And to perform the kinds of tricks she does — on every inch of her frame — requires quite a bit of power. McInturf first picked up a hoop eight years ago, fell in love and started Hoopnotica, which offers hooping classes in L.A.

She's training others to spread the skill (see box for details), but now you can take her home with two "Hoopnotica Hoopdance" beginner

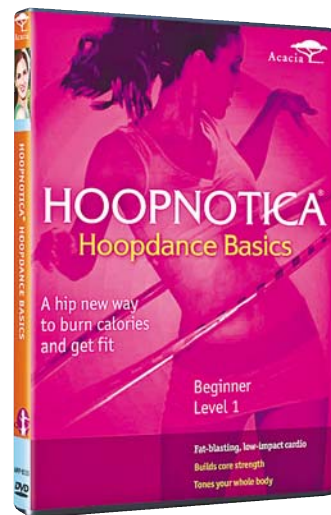
DVDs (\$20 each, Acacialifestyle.com). Just make sure you move anything breakable first.

How is hoop dancing different from Hula-hooping?

Hula-hooping as people traditionally think of it is mainly standing there and spinning a hoop just around the waist. Hoop dance takes it to the next level by using different parts of the body — the hips, thighs, chest, shoulders — picking the hoop off the body and dancing, creating a flow.

Were you just born able to do this?

I didn't require much instruction, but most people need to have it broken down. It takes anywhere from a few weeks to a few months to learn. We encourage people to give themselves some time for the learning process.



Buy the DVDs and an adult-size travel hoop (\$40) at Acacialifestyle.com.

You're burning a lot of calories even if you're feeling awkward. You're still getting a good workout.

So, why is it such a good workout?

A lot of people think it must be good for the core, and it absolutely is. As you progress, it tones your entire body. On top of that, it's a high-intensity cardio workout, but it's low-impact. It allows people to get an incredible workout while still being gentle with their bodies.

HOOP DREAMS

→ Those hoping to hoop in our area are in luck, thanks to several Hoopnotica-trained instructors. Noelle Powers teaches in Mount Rainier and several Baltimore studios (for more info, see Hoopingpowers.com). Coming next month, Tina Bauch of Manassas will be teaching classes at the Ben Lomand Community Center in Manassas. And Martine Koissy of North Bethesda is securing a space for classes this fall (contact her at meanimaus@gmail.com for private lessons or to buy hoops). If you're still struggling come Aug. 8, seek out World Hoop Day (Worldhoopday.com) festivities in Baltimore. It's sure to start a revolution.

How can you work your arms?

When we do corkscrews and halos, we're spinning the hoop above our heads, on our arms and shoulders. I have biceps I never had before, and my triceps are totally firm.

How do you up the cardio intensity of a hoop workout?

The faster you go as far as spinning, that gets you into higher cardio. But also just moving around. We start with walking backward and forward, in a circle; and then when you get to dance steps, that takes your cardio up several notches.

So, do you think of this more as a dance form or as a workout?

It really is both. Dance classes are very regimented, but this is fun and free-flowing. And it's not your typical aerobics class, because you're not thinking about the workout.

Are there benefits beyond the physical ones?

You can't be unhappy inside a hoop. Mentally, it calms and quiets the mind. If you're feeling that midday slump, it's better than a shot of espresso. One other thing for women is that it's sexy but not overtly so. It's not jumping on a pole.

VICKY HALLETT (EXPRESS)

Slim Down With Movie Magic

Gold's Gym offers its members the chance to sweat it out to cinema

Cardio connoisseurs have two goals at the gym: 1) Burn calories and 2) Don't think about how hard it is to burn calories. They're usually aided by a tried-and-true blend of muted TV screens, blaring music and slightly tattered magazines. But "American Morning" with captions sometimes isn't enough to transport you away from mile three.

That's why Gold's Gym developed the "Cardio Cinema." It's a dark, cool room with rows of treadmills, bikes and elliptical machines — and, of course, a giant movie screen playing a title of the day, like "You, Me and Dupree," "Scary Movie 4" or "Die Another Day," on repeat.

"It makes the time go so much faster," says Meagan Harms, 26, after finishing up a run to "The Devil Wears Prada" at the Van Ness club. "When I'm not in here, I'm just thinking about how long I've gone." An appealing flick has the power to lure her to the gym and keep her going longer: "When they played 'The Bourne Ultimatum,' I was in there for over an hour."

Kevin Wheeler, 38, doesn't even care what's playing: "Time goes faster in there because there are no commercials."

Their responses are exactly what the top brass at Gold's was hoping for. "My standard memory of doing cardio generally involves looking at a television I can't hear," says Dave Wallach, senior fitness manager for



Walking becomes a heart rate-raising adventure when you're watching "The Da Vinci Code" at the Fairfax Station club.

Gold's Gyms in Virginia. "With this, exercise is less of a chore, and there's more of an entertainment factor."

And there's another health benefit: The screen is so large, exercisers don't need to strain their necks to get a good view.

The one thing they do need to strain, however, is their eyes. The dim lighting helps create that authentic theater ambiance, but it makes it tricky to adjust machines. "I can't really see where to press the buttons, so I use my iPod as a light," explains David Duncan, 20, who was also sweating to "The

Devil Wears Prada." ("I can watch a chick flick," he says.)

And once exercisers adjust to the darkness, the control panels are certainly visible enough to keep them honest. If anyone gets so captivated by a scene that he or she forgets about pedaling, the bike will let him or her know, Wallach promises.

The lack of lighting is actually the main attraction for law student Scott Daniel, 26. "It gives you the illusion of solitude," he says. "It's easier to focus in there than the swirl out here."

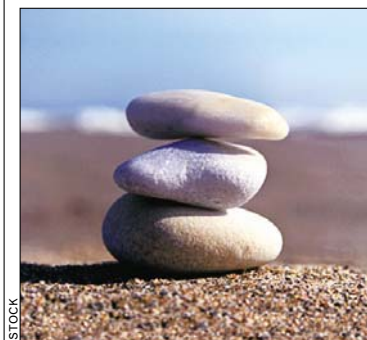
Wallach suspects that new exer-

cisers may also find the environment less intimidating — if you can barely see your own machine, who knows what the person next to you is doing?

Only four of the local branches have the cinemas set up so far, but Wallach says he suspects the concept will eventually become standard. Just don't expect any dumbbells to make an appearance except on screen. "For weights, I'd like to see them concentrating on form. So Olympic lifting in front of a movie screen? Maybe not," Wallach says.

VICKY HALLETT (EXPRESS)

BODYTALK



Going Steady

■ Along with making you seem more graceful and agile, these balance-enhancing moves also keep your joints strong and stable, says Scott Lucett, director of education at the National Academy of Sports Medicine.

MOVE 1: SINGLE-LEG REACH

Stand normally, then shift your weight onto your left leg, with your knee slightly bent and your foot pointed forward. Lift your right foot three to five inches off the floor and then slowly extend it behind you. Hold for two seconds. Do six reps with each leg, working up to 12 reps.

MOVE 2: SINGLE-LEG SQUAT

Balancing on your right leg, bend your left knee and lift your left foot off the floor. Slowly squat as if you were sitting. Keep your right knee pointed forward, in line with your ankle and hip. Hold for two seconds. Start with six reps with each leg and progress to 12.

MOVE 3: HOP WITH STABILIZATION

Standing on your right foot, hop forward 12 to 18 inches and land on your left foot. Hold for four seconds, then hop backward, landing on your right foot. Hold again. Do six reps and then switch legs. Work up to 12 reps. PAIGE GREENFIELD (REPRINTED WITH PERMISSION OF WOMEN'S HEALTH MAGAZINE © RODALE INC.)

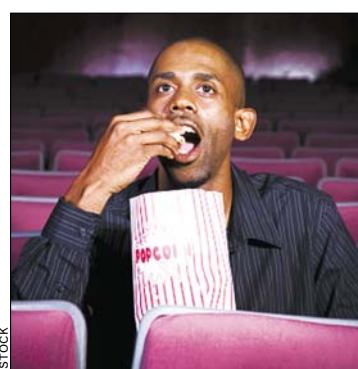


CHEW ON THIS

Don't Be a Theater Eater

■ Even if mindlessly pedaling to a movie isn't exactly a high-intensity workout, if it keeps you occupied and away from cinema snacking, you're headed to a much happier ending. Critics universally pan movie food for its artery-clogging trans fat, blood pressure-boosting sodium and pants-expanding calories. That medium popcorn with no extra butter? That's 825 calories and 46 grams of fat. Washing it down with a medium Coke adds another 325 calories to your waistline.

But as bad as this sounds, the setting makes it worse. "You can't pay attention to a movie and how much you eat at the same time," says Brian Wansink, the director of Cornell University's food and brand lab. He found that people eat 53 percent more popcorn from a large container than from a small one. "You don't



realize it," says Wansink, "but larger containers suggest it's OK to eat more." If the small popcorn looks too small, buy two. Set the second bag aside and wait until you finish the first one to see if you really want more. (Do this for soda and nachos, too.) If you don't mind missing the previews, stay out of the theater until they're over — you could cut up to 20 minutes of mindless munching. (REPRINTED WITH PERMISSION OF MEN'S HEALTH MAGAZINE © RODALE INC.)

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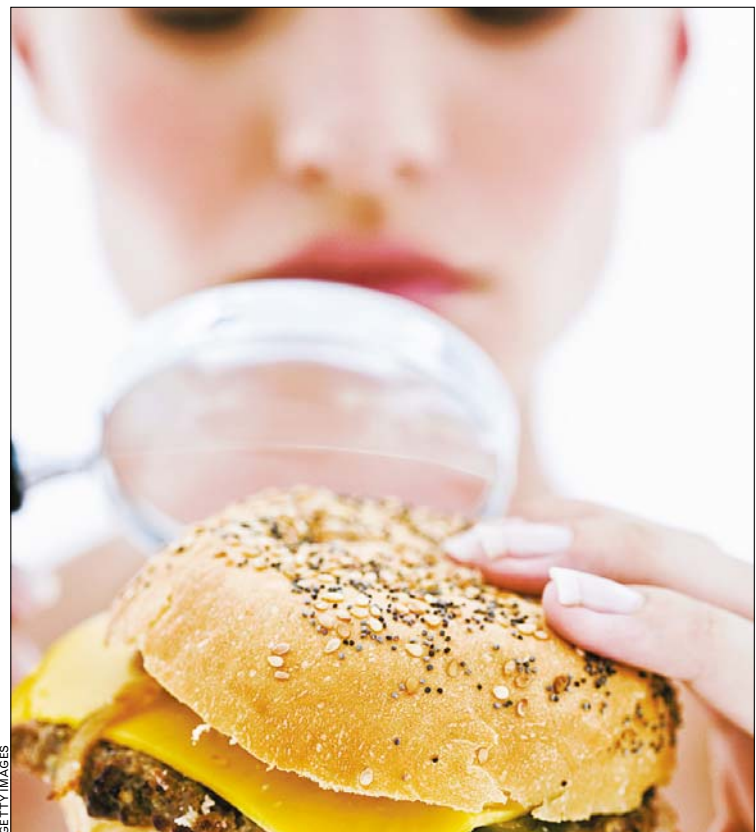
Who doesn't love the wee marshmallow rainbows, half-moons and hearts? But you need 25 grams of belly-slimming fiber daily, and three-fourths of a cup of the kiddie cereal provides only one measly gram — that wouldn't keep even a 6-inch-tall leprechaun regular. But mix half a cup of Charms with half a cup of grown-up All-Bran, and poof! You get 10 grams of fiber without losing that frosted sweetness.

Taters + Turnips = Tatnips

Give mashed potatoes a nutrient boost by tossing in turnips. These root veggies with a taterlike texture add a hint of nuttiness without changing the fluff factor. You'll subtract 50 calories (that'll make up for the pat of butter!) and 12 grams of carbs from one cup of Grandma's classic smashed spuds.

Grainy Dijon Mustard + Mayo = Diyo

There's something inherently weird about fat-free mayo, given that the white stuff's main ingredients — oil and eggs — are heavy on fat. Stick with the real deal, but blend half a tablespoon with the same amount of Dijon mustard. You'll cut 43 calories and



6 grams of fat and have a delish spiced-up spread.

Fruit Yogurt + Greek Yogurt = Freek Yogurt

With 27 grams of sugar per serving, fruit-on-the-bottom yogurt is dessert in disguise. So, take a half-cup of your favorite fruited brand and mix it with an equal amount of creamy but fat-free Greek yogurt, like Fage or Oikos. The simple switch will almost double the amount of muscle-building protein while hacking off a third of the sugar and 30 calories.

Ground Beef + Bulgur = Hambulgur

Sneaky chefs know how to skewer fat at a grillfest without anyone's being the wiser. Soak half a cup of fine-grind bulgur (found in the rice aisle) in water for 10 minutes; drain and mix with one pound of 91 to 93 percent lean ground beef; season to taste. Shape into five patties and toss on the grill. The perks: 3 more grams of fiber, 2 fewer grams of fat and 1 fewer gram of saturated fat. (REPRINTED WITH PERMISSION OF WOMEN'S HEALTH MAGAZINE RODALE INC.)

LOCAL FLAVOR



Feed Your Face — Literally

■ If it's good for your body on the inside, how about the outside, too? That's the idea behind one of the newest facials at the Spa at MINT (1724 California St. NW; 202-328-6468; Mintfitness.com). The Energy Bowl Facial (\$100) incorporates the ingredients in the signature "energy bowl" dish at the spa's organic Green cafe: Yogurt, granola, honey, bananas and acai juice (from the Brazilian berry that's been touted for improving cardiovascular and digestive health, and for boosting immunity).

MINT's sweet treat is a popular post-workout refreshment. "You feel so good after you eat it," says marketing director Amanda Styron. But what exactly makes the combo worthy of being slathered on your skin for 50 minutes? Applying the grub to your face "improves the look and feel of your skin," says lead therapist Angela Homer. First, a finely ground granola scrub exfoliates. Then, the acai-yogurt-honey-banana mask helps to balance normal, combination or dry skin. "When you put the acai berry on the skin, it's hydrating, it clears the complexion, and it evens the skin tone," Homer says. "Honey is hydrating as well, and yogurt has soothing properties." KATIE ABERBACH (EXPRESS)

STETHOSCOPE

DEVELOPMENT

Testing Tube Babies

■ The kid is playing with Legos in the corner, you're watching "The Wire" on the flat-screen. Everything's hunky-dory, right? Not so much. According to a study published in the most recent issue of *Child Development*, it doesn't matter whether what's on the TV isn't meant for youngsters or whether they seem to be occupied with toys or friends. They'll play less because of the distraction, thus losing out on key attention skill development. Researchers think it might even contribute to ADD.



ASTHMA

Nixed Nuts for Moms

■ No booze. No cigarettes. No tuna. And now, no peanut butter? Pregnant moms with a family history of food allergies or allergic asthma should limit their consumption of the delicious spread (and other nut products) because it can increase the odds of having a child with asthma symptoms by almost 50 percent. The Dutch researchers who studied 4,000 mothers say it's too early to ban all crunchy goodness, though.

BLOOD PRESSURE

Heart of the 'Hood

■ The thought of moving has to raise your blood pressure, but it might be worth it. According to findings published in *Epidemiology*, neighborhoods with high crime rates, no walkable streets and pathetic excuses for grocery stores cause residents' blood pressure to spike. Oh, and it doesn't matter how rich you are or how many degrees you've earned. The researchers — who looked at adults in New York, Baltimore and North Carolina — suspect the high blood pressure is a result of the unwholesome environment, not status.

Go the Distance in a Safe Way

Be aware of these travel advisories to make your next trip trouble-free

You'd rather not sleep with nasty germs, bedbugs or 20-legged *Animal Planet* rejects.

A brand name or a four-star rating does not guarantee a squeaky-clean suite. Check out consumer feedback on sites such as HotelScoop, TravelPost or TripAdvisor, which recently ranked America's 10 rankest hotels (tripadvisor.com/dirtyhotels).

To prevent pests from hitching a ride home with you, keep your clothes inside your suitcase (not strewn around the room) with the zipper closed, says Cindy Mannes, vice president of public affairs for the National Pest Management Association. When you return, immediately unpack and wash your stuff in hot water and vacuum the inside of your suitcase.

You don't want to have a close encounter with anything that starts with "Mont" and ends with "Zuma".

Traveler's diarrhea is the most common on-the-road woe, so before you leave, ask your doctor for a just-in-case prescription for an antibiotic (like Zithromax), and take along some Imodium. Once you're south of the border, stick with fruits and veggies you can peel (don't forget about garnishes) — the outer layer helps protect against contamination. And as tempting as the street-cart ceviche might be, steer clear of raw meat or fish unless the restaurant has been recommended by or for tour-



GETTY IMAGES

RISK ON THE ROAD

→ Leisure time is usually associated with a lowered risk of heart attack, but vacationers are subject to stresses that can also increase heart attack risk. In a Dutch study, vacation characteristics of patients who had heart attacks while on vacation were compared to those of vacationers who ended up in the hospital for noncardiac emergencies and nonvacationing people who had heart attacks. Researchers looked at mode of transportation, kind of accommodation, traveling with familiar versus unfamiliar people, traveling to familiar versus unfamiliar locations, and the motivation for taking a vacation. They found that the incidence of heart attack was highest during the first two days of the vacation. Traveling by car increased the odds of heart attack by 2.5-fold, and staying in a tent or a mobile home increased the odds of a heart attack 9.7-fold. (REPRINTED WITH PERMISSION OF PREVENTION © RODALE INC.)

ists (a parasite-free meal is worth a few extra pesos). When stocking up on bottled agua, check that the seal is unbroken; it's not uncommon for vendors to refill used bottles. Finally, don't fall prey to little mistakes like drinking a soda with ice, singing in the shower or brushing your teeth under the tap.

“Keep your clothes inside your suitcase with the zipper closed.”

You're afraid of getting sick miles from home, with no CVS in sight.

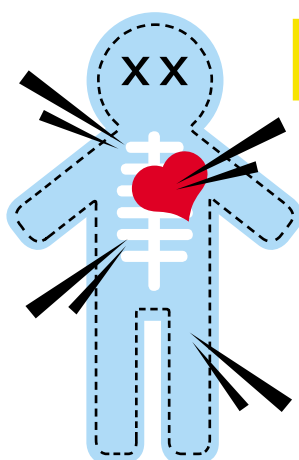
Do what any fourth-grade Girl Scout would do: Be prepared. Bring along a travel first-aid kit with a thermometer, bandages (we love Nexcare, which you can apply one-handed), antibiotic ointment (like Neosporin), moleskin (for the blisters you'll get trudging all over the Acropolis), hand sanitizer, earplugs (to silence hotel construction, airplane rumblings or noisy neighbors), mosquito repellent containing DEET or Picardin, OTC painkillers and antihistamines (to kill the itch of bites or rashes).

You'll also want to tote an ample supply of any meds you're taking, plus copies of all prescriptions, including the generic names (brand names often are different in other countries).

You've booked a cruise on the cutest little sailboat. The only thing: The rough sailing may have you slung over the cutest little toilet.

Forget the wristbands, says Jonny Bowden, a nutritionist and author of "The Most Effective Natural Cures on Earth." Strapping them on will only make you look like an extra on "Semi-Pro."

Instead, before you leave, ask your doc for a prescription for scopolamine, which has been proven to prevent and treat seasickness. Setting sail tomorrow? Pop 1,000 to 2,000 milligrams of ginger today. Studies have shown it's as effective as some anti-nausea drugs — even a glass of ginger ale can offer a quick fix. (REPRINTED WITH PERMISSION OF WOMEN'S HEALTH MAGAZINE © RODALE INC.)



hypochondriac

WHAT YOU COULD HAVE BUT PROBABLY DON'T

Do want to eat human flesh? Are you feeling suicidal, homicidal or depressed? Are you from a subarctic North American Indian tribe? You could have — but probably don't, because it's almost certainly a folk legend — **WINDIGO**. The affliction is controversially classified as a culture-bound syndrome, which is an unusual cluster of symptoms occurring almost entirely within a specific cultural group. Historically, sufferers were said to warn family and friends to get as far away as possible, lest they be eaten; the windigo-stricken would be ostracized or killed by the locals. The name comes from the myth of the Wendigo, a supernatural, cannibalistic beast that pops up in modern horror stories, video games and films, such as Stephen King's "Pet Sematary." SOURCE: OXFORD DICTIONARY OF PSYCHOLOGY

A photograph of a woman's legs from the knee down, wearing a white, frayed-hem dress. She is standing on a sandy beach with the ocean and a clear blue sky in the background. Her right hand is visible, holding a small ring.

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